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\$3.99

APRIL 2015

Hilary Duff
Is Back
and
Kicking Ass

THE
5-MINUTE
Flat-Abs
WORKOUT

63

Secrets to
Better
Orgasms

Get Over
the Edge!

BEST-EVER
BEAUTY BUYS
UNDER \$10

COSMO CAREERS

THE #1 THING MEN
ARE GOOD FOR
Besides You Know

"I Like
High-End
Sex Parties
—and I'm
Not a Weirdo"

One Woman's Story p.151

cosmopolitan.com



NEXXUS.COM



NEXXUS®

NEW YORK SALON CARE

COSMO
cover hair
secrets
(inside!) ←

DEEPLY REPLENISHED BEAUTIFUL FLUIDITY

Introducing the Therappe & Humectress
Hair Replenishing System

Nourish your hair and rediscover strength
and flexibility with our highly sophisticated
hair care system. Specifically formulated
using concentrated, 100% pure Elastin
Protein and a precious Caviar Complex,
our Therappe & Humectress system is
designed to work together to restore your
hair's natural, fluid beauty.

FOR HAIR THAT LIVES TO MOVE



TEAR
ME OUT!

curves ahead

Sexy hair texture: It's a Cosmo thing!
For the first time ever, we're
spilling the **head-turning secrets**
to six of our most-coveted
cover styles.





Unilever



"I want my Beachy waves
perfectly out of place."



NEW TRESEMME PERFECTLY (UN)DONE

Get the effortlessly (un)done look. Shampoo and condition your hair with our weightless silicone-free formula for flowing body and beachy texture. Then get creative with our sea salt spray, infused with sea kelp extract, to help create salon-quality, natural looking waves.

Get your (un)done look at youtube.com/tresemme

TRESEMME[®]

PROFESSIONAL AT YOUR FINGERTIPS.[™]

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Dove knows that naturally curly hair is drier and most in need of nutrient-rich care to stay nourished, strong and manageable. Introducing our most nourishing range ever, NEW Dove Quench Absolute. Infused with Buriti Oil, this rich and creamy range locks in moisture to quench thirsty hair for beautifully defined, healthy looking, touchable curls. Perfectly nourished hair + 4X more defined*, natural curls.

*Quench Absolute Shampoo, Conditioner or Mask and Crème Serum versus non-conditioning shampoo.

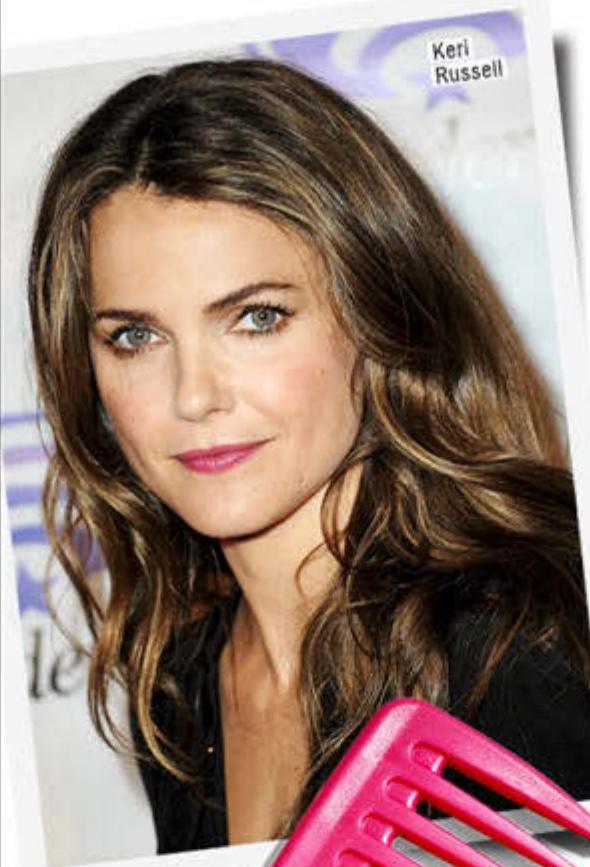


Rediscover the curls
you were born with

New Dove Quench Absolute
Perfectly nourished hair +
beautifully defined, natural curls

Dove
ADVANCED HAIR SERIES





Keri Russell

DOES YOUR HAIR

already have some natural movement? Skip the heat, says Kattia Solano, owner of Butterfly Studio in NYC. Comb leave-in conditioner through damp hair and divide it in two to four braids to set this easy, free-spirited texture. Air-dry, or sleep with them overnight. After unwinding the braids, smooth styling cream through the ends.

SMOOTH OVER

TIGI Bed Head

Ego Boost, \$16.50,
bedhead.com
for salons



COMB IMPROVEMENT

Sephora Collection
Tidy Detangling
Comb, \$8,
sephora.com



DELICATE CONDITION

Dove Youthful
Vitality Silk
Crème, \$6,
drugstores



the look boho bends

The Vibe
Loose and laid-back

Skill Level
Easy



Emily
Ratajkowski



Kat
Graham

the look bed-head 2.0

The Vibe
Rumpled yet polished
Skill Level
Intermediate

THE DIFFERENCE
between this and totally whatev' waves: The finish isn't fuzzy. Start by twisting, then clamping pieces between a flat-iron for five seconds to set the rosy shape. Roll the iron "like you're making a C shape on the hair strand," says Ursula Stephen, Motions celebrity stylist. Massage dry shampoo on your roots for a lived-in look, then work a texture cream into the rest for polish.

SHAPESHIFTER

Paul Mitchell
Neuro Style, \$135,
paulmitchell.com for salons.



Ashley
Madekwe

MOLDABLE MOVEMENT

Bumble and Bumble
Texture Hair (Un)
Dressing Creme, \$14,
bumbleandbumble.com



Kate
Mara

DRY-CLEAN

Toni & Guy Hair
Meet Wardrobe
Casual Matt
Texture Dry
Shampoo, \$15,
Target



Jourdan
Dunn

the look
surfer chic

The Vibe
Weathered and natural

Skill Level
Easy



"BEACH-BABE STYLE IS all about a tousled, sexy texture—the messier, the better!" says Cho. Start with damp hair. Apply mousse, clip hair into little buns all over, and dry completely with a diffuser. "After you undo the buns and set with sea-salt spray or mousse, you'll have perfectly disheveled waves," says Cho.

HOLD IT
Goody Start
Sectioning
Clips, \$5,
Walmart

MERMAID MIST
Redken Fashion
Waves 07
Texturizing Sea
Spray, \$19,
redken.com for
salons

FASHION WAVES 07
TEXTURIZING SEA SPRAY
SPRAY TEXTURIZANT
SALON SIZE
8.5 FL OZ 250 ml

Beyoncé



Rumer
Willis

Megan
Fox



TRESEMME
EXPERT SELECTION
PERFECTLY (UN)
BODY BOOST
Tresemme
Perfectly (Un)
Done Wave
Creation Sea
Foam, \$7,
drugstores



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unbelievable lift without
a stylist lifting a finger

NEW

Suave Professionals® Weightless Blow Dry Spray

Activates with the heat of your blow dryer for salon volume that lasts 24 hours



WORKS AS WELL AS SALON BRANDS

the look
all-out glam

The Vibe
Sleek and sculpted
Skill Level
Advanced



"GLOSSY, CASCADING CURLS"
instantly add polish and elegance to any look," says Jenny Cho, Suave Professionals celebrity stylist. Go big with your curling iron—use a 1-inch barrel or larger. Take wide sections, and begin each curl at eye level, misting with hair spray before you wrap the hair away from your face, says Cho. Give curls a chance to cool before you (gently) brush them. Final touch: a little shine serum or oil.

POLISHED PERFECTION

ColorProof
TruCurl Anti-Frizz Oil, \$23,
colorproof.com for salons

MAGIC WAND
Revlon 1" Rose Gold Curling Iron, \$25, Ulta

Emma Stone

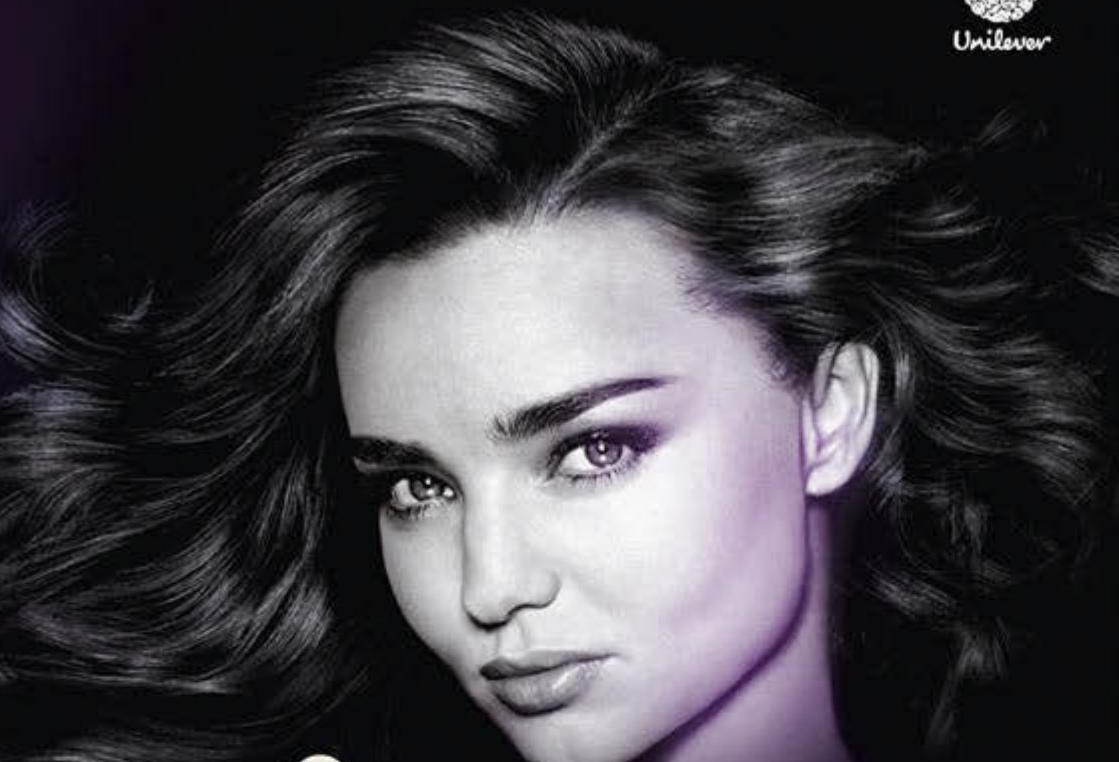


Gina Rodriguez



LOCKDOWN
Suave Professionals
Smooth Anti-Humidity Hair Spray, \$5, drugstores

MIRANDA KERR



A black and white portrait of Miranda Kerr with her long, dark, wavy hair blowing in the wind. She is looking directly at the camera with a soft expression.

blow dry ADDICT

#IAMWHOIAM

I NOURISH MY SCALP. I DAMAGE PROOF MY HAIR.

CLEAR REPAIRS THE SIGNS OF DAMAGED HAIR TODAY SO IT REMAINS SOFT, SHINY & VIRTUALLY UNBREAKABLE.

EVEN TESTS SHOW 95% LESS BREAKAGE FROM COMBING ON HEAT-DAMAGED HAIR
WHEN USING CLEAR SYSTEM VS. NON-CONDITIONING SHAMPOO.



CLEAR
SCALP & HAIR™

the look dream curls

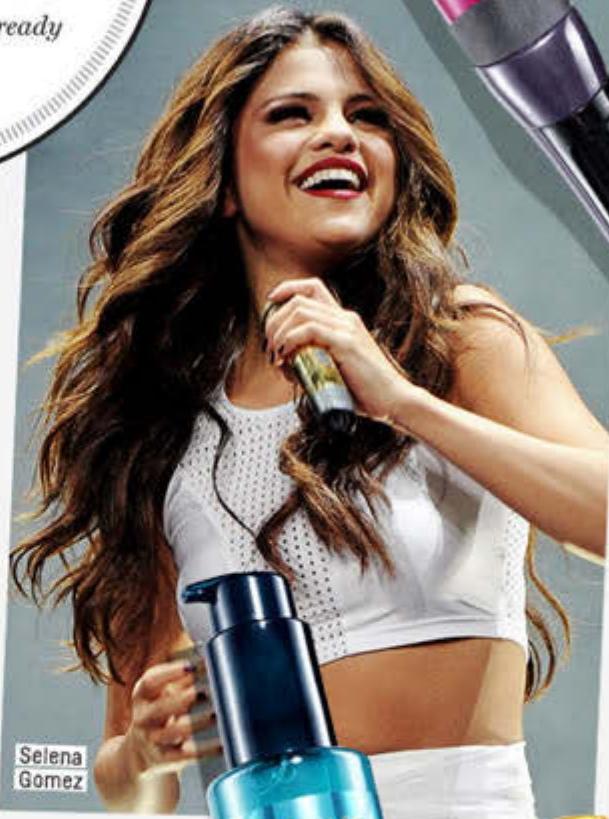
The Vibe
Full-bodied and party-ready
Skill Level
Intermediate

IF YOUR HAIR IS
naturally springy (lucky!), use a clamp-free curling wand to relax and reshape your coils, says Solano: "Take a big section, and slide the rod over your hair three or four times as if you were ironing. Wrap it around the rod for a few seconds to create a barrel curl." Apply equal drops gel and serum for hold and shine. (Starting with straight hair? Make tons of small curls, then rake fingers through to pump up the volume.)



CLIPLESS CURLER

Remington Silk Ceramic Wide Ceramic Wand, \$30, remingtonproducts.com



JEFFREY WESTBROOK/STUDIO D. CLOTHWISE FROM TOP RIGHT: SARA DE BOER/STAR TRAKS; MATHIAS PRENS/MODRATH/DE GETTY IMAGES/SHUTTERSTOCK



Zooey
Deschanel



Rihanna



SPRING LOADED
Kérastase Curl Fever, \$37, kerastase-usa.com



GLOSSED OVER
Motions Natural Textures Radiating Gloss, \$7, drugstores

A large portrait of actress Clara, showing her long, wavy hair with highlights.

Clara

A white bottle of NEXXUS Diametress Lavish Body Gel Spray.

NEXXUS
NEW YORK SALON CARE
DIADEM
NEW HEIGHTS
NEXXUS
Diametress
Lavish Body Gel
Spray, \$12,
drugstores

HOT HYBRID

John Frieda for
Conair Salon Shape
Hot Air Brush, \$40,
drugstores



the look
soft & flowy

The Vibe
Romantic and understated

Skill Level
Advanced

A portrait of actress Nikki Reed, smiling with her hair styled in soft waves.

Nikki Reed

A portrait of actress Maggie Q, smiling with her hair styled in soft waves.

Maggie Q

A FLUFFY BLOWOUT
plus loose pin curls
equal understated
sexy. Prep hair with
volumizing spray, and
dry big sections with
a round brush. Once
you finish drying a
section, place two
fingers at the root,
wind hair around
them, and clip, says
Nunzio Saviano, an
NYC salon owner.
Repeat all over. Once
hair has cooled,
unwind and gently
brush the curls. "Your
hair will set with
some body and waves
without your having
to use rollers," he
says. Finish with anti-
frizz cream.

HAIRMEETWARDROBE.US



FOR SMOOTH WAVES
& A CLEAN FINISH

TONI&GUY
HAIR MEET WARDROBE

Classic collection AVAILABLE AT TARGET



Shay
Mitchell



Side Braid

Texturizing spray gives plaits plenty of grip.

BUN DONE

Sephora
Bobby Pin-Ups, \$6,
Sephora



TIE IT UP

Goody
Ouchless Elastics, \$3,
Walmart

Camila
Alves



Messy Bun

Tease out a low ponytail before twisting it into a chignon.

recycle your style

YOU WORKED HARD FOR THAT

texture... Don't just wash it away. "A little grit and product residue is the secret to a killer updo or braid," explains Solano. Bonus: Taking a day off gives strands a break from heat damage. (For more on that, flip the page!)

CLEAN SWEEP

Sonia Kashuk Art of Makeup Small Hairbrush, \$13,
Target



Topknot

Brushing out waves helps to build a more billowy bun.



**NECESSARY
ROUGHNESS**

Rusk Texture, \$18,
Ulta



JEFFREY WESTBROOK/STUDIO D, GETTY IMAGES/20



NEW TRESemme PERFECTLY (UN)DONE

Get the effortlessly (un)done look. Shampoo and condition your hair with our weightless silicone-free formula for flowing body and structured texture. Then get creative with our styling foam, infused with sea kelp extract, to help create salon-quality, natural looking waves.

"These Hollywood waves
aren't as high-maintenance as they look."

Get your (un)done look at youtube.com/tresemme

TRESemme

PROFESSIONAL AT YOUR FINGERTIPS.™

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**SOOTHING
SUDS**

Clear Scalp and Hair Shampoo Active Damage Resist, \$6, drugstores

CLEAR
SCALP & HAIR

ACTIVE
DAMAGE
RESIST

ULTRA NOURISHING SHAMPOO

DEEPLY NOURISHES SCALP
DAMAGED HAIR
RESISTANT

Living proof.

Perfect
hair
Day.

night cap
overnight pos

SLEEP MASK

Living Proof Night
Cap Overnight
Perfector, \$28,
Sephora

soin perfecteur de nuit
118 mL 4.0 FL OZ U.S.

**LIQUID
SHIELD**

Oribe Balm d'Or
Heat Styling
Shield, \$43,
oriebe.com



Heat Advisory

Use protection.

"Never heat your hair when it's naked," says Saviano. Prep with a thermal-shield spray before you bring the heat.

Turn down the temp.

Your iron may go up to 400 degrees and higher, but "300 to 325 degrees is hot enough," says Solano.

1, 2, 3, done! After you wrap your hair around the barrel (or squeeze it between two plates), count to three and release. Hair sets quickly—there's no need to scorch it.







bebe

bebe.com

Exclusively at Amazon,
these standout dresses radiate modern
minimalism. Make an impact
in the latest spring-perfect styles.

Amazon.com/Fashion
Smart is Beautiful.

DRESSES FROM DONNA MORGAN.
FREE RETURNS ON ELIGIBLE ITEMS.

FOLLOW @AMAZONFASHION ON INSTAGRAM.







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YOU'RE FLAWLESS
EVERY HOUR OF THE DAY.

Double Wear Long-Wear Makeup

Look as beautiful tonight as you did this morning.
Double Wear makes flawless easy. Lasts 15 hours without
touch-ups. Wear it for the confidence it gives you.
How comfortable it feels. And the way the shade becomes one
with your skin. No wonder millions of women love it.



FREE. TRY IT FOR
10 DAYS.

Come to the
Estée Lauder Counter
for your perfect
match.

EVERY SHADE. EVERY SKINTONE.



Karlie Kloss is wearing Féria Power Copper in shade C74.
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LIVE IN COPPER. LIVE IN FÉRIA.
MULTI-FACETED. SHIMMERING. FEARLESS.

BECAUSE YOU'RE WORTH IT.™



DEFY THE CONVENTIONS OF HAIRCOLOR

FÉRIA POWER COPPER IS MULTI-FACETED, SHIMMERING COLOR.
THIS FÉRIA HAS AN EXTRA SHOT OF PURE DYES.
REJECT DULLNESS, FLATNESS.
REFUSE TO WRECK OR RAVAGE YOUR HAIR.
#LIVEINCOLOR

WHICH FÉRIA ARE YOU?
FIND OVER 30 SHIMMERING SHADES
AT LIVEINFERIA.COM

L'ORÉAL
PARIS

A woman with long brown hair is standing in a desert landscape at sunset. She is wearing a pink, cropped t-shirt and dark, high-waisted jeans. She has her hands behind her head, stretching. The background shows distant mountains and a bright, hazy sky.

**BEST.
FIT.
EVER.**

**NEW AEO
DENIM X**

INNOVATIVE STRETCH
TECHNOLOGY THAT
WON'T BAG OUT.



"I WANT
MOISTURE
THAT LASTS -
AND LASTS."

Ultra Moisture
Body Wash's rich
lather cleanses and
replenishes skin with
long-lasting moisture.

Olay leaves 100% more
moisturizers on skin than
the leading body wash, for
superior moisturization with
continued use. Your best
beautiful skin begins
in the shower.

OLAY LEAVES
100% MORE
MOISTURIZERS
ON SKIN



Your skin transformation begins on Olay.com

OLAY
body

YOUR BEST BEAUTIFUL™



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HEY, YOU CAN NOW SUBSCRIBE TO COSMO ON YOUR TABLET OR IPHONE.

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#TBB
(Throwback Beauty)

Dress, Roberto Cavalli. Shoes, Moschino. Ring, Jennifer Fisher

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Jacket, Faith Connexion. Shorts, American Eagle Outfitters. Earrings, Bijules. Ring, Jennifer Fisher. To get Hilary's look, try Chubby Stick Cheek Colour Balm in Robust Rhubarb, Wear Everywhere Neutrals All About Shadow 8-Pan Palette in Wear Everywhere Nudes, Super Fine Liner for Brown in Soft Brown, High Impact Extreme Volume Mascara in Extreme Black, and Chubby Stick Baby Tint Moisturizing Lip Colour Balm in Coming Up Rosy, all by Clinique. Fashion editor: James Worthington. Demolet. Hair: Chris McMillan for Living Proof/Soloartists.com. Makeup: Eric Polito at Art Department using Chanel. Manicure: Julie Kandalec at Paintbox using Chanel Le Vernis. Prop Stylist: Bedmark Studio. Photographed by Eric Ray Davidson

Bra top, skirt, Diane von Furstenberg. Shirt, Gap. Bracelet, earrings, vintage Chanel



win it!

THIS MARIE TURNOR BAG, FILLED WITH THE SEASON'S LATEST BEAUTY PRODUCTS, COULD BE YOURS! ENTER FOR YOUR CHANCE TO WIN AT COSMOPOLITAN.COM/TURNORCLUTCH2015.



treat
yourself!

GO TO
COSMOPOLITAN.COM/LIVEITUP2015
AND ENTER FOR A
CHANCE TO WIN
\$25,000!

URBAN DECAY



GO FEARLESSLY NAKED



GET WEIGHTLESS, BUILDABLE COVERAGE WITH A LUMINOUS, DEMI-MATTE FINISH.
EVERY NAKED COMPLEXION PRODUCT BLURS FLAWS FOR
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COMPLETELY REAL. IT'S COVERAGE WITHOUT COMPROMISE.

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SIMULATION OF PRODUCT
RESULTS ON LASHES ENHANCED
WITH LASH INSERTS.

MAYBELLINE.com

M A Y B E

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.

Christy is wearing New Lash Sensational™ Full Fan Effect Mascara in Very Black. ©2015 Maybelline LLC.

REVEAL LAYERS OF LASHES FOR THE
**SENSATIONAL
NEW FULL FAN
EFFECT.**

NEW
LASH
sensationalTM
FULL FAN EFFECT MASCARA

Our UNIQUE FANNING BRUSH with
10 LAYERS OF BRISTLES. Inner bristles reach
to reveal layers of lashes. Outer bristles unfold.
For a truly sensational full fan effect.

FANNING BRUSH



L L I N E[®]
N E W Y O R K



Adriana is wearing Eye Studio® Master Precise® Liquid Liner in Black.

MAYBE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

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LASER-SHARP
PRECISION
FOR OUR MOST
DEFINED LINE.

master
precise[®]
LIQUID LINER

Precise 0.4 mm tip + Fluid Ink
Formula for a defined line.

All-day wear. Waterproof.

GET EXPERT TIPS
AT MAYBELLINE.COM



L L I N E[®]
N E W Y O R K

Fun, Fearless Game Plan

1. SOUND THE ALARM for Sexual Assault Awareness month. The Aah!-Larm keychain blasts 120 decibels (\$22, blingsting.com).

2. STAND UNDER KATE SPADE'S UMBR-ELLA. ITS CLEAR DOME LETS YOU SEE WHERE YOU'RE HEADED (\$38, ARTISAN GEMSBOUTIQUE.COM).

3. SPREAD THE SHEER power of Michael Kors' Into the Glow Lip Luster in Dew across your pout for the look of fuller lips (\$24, macy's.com).

4. CHECK-IN to Jet Set Candy's luggage tag charms. Great for spring-breakers and staycationers alike (from \$68, myjetsetcandy.com).

5. BRING A BEACHY GLOW to any urban jungle with Physicians Formula's new City Glow Daily Defense Bronzer (\$15, drugstores).

6. DOUBLE DOWN on Amy Schumer as she hosts the MTV Movie Awards (April 12, 9 p.m. ET) and returns to Comedy Central for season three of *Inside Amy Schumer* (April 21, 10:30 p.m. ET).

7. DELETE TINDER for Bumble. The dating app was created by a woman to help save us from creeps' unwanted messages.

GET YOUR EASTER CANDY FIX WITH LIMITED-EDITION CREAM EGG AND PEEP-FLAVORED MACARONS (\$30 PER DOZEN, DANASBAKERY.COM).

50 THINGS TO DO THIS MONTH

RAIN CHECK?

LAX

JFK NEW YORK CITY

JOHN F. KENNEDY AIRPORT

NEW YORK

BEN GOLDSTEIN/STUDIO D. STYLIST: SABRINA GRANDE; SCHUMER: PETER YANG; COMEDY PARTNERS: COURTESY COMPANIES.

Dior NUDE AIR

A FRESH COMPLEXION THAT BREATHES

- NEW -

NUDE AIR SERUM FOUNDATION – BROAD SPECTRUM SPF 25:
a weightless fluid foundation enriched with an oxygenated skincare ingredient
for an instantly fresh and velvety complexion with flawless correction.

NUDE AIR HEALTHY GLOW POWDER: an airy veil that helps protect against
pollution, for all the radiance of a natural, healthy glow.
The nude effect is flawless and the skin more beautiful each day.

FOR 94%* OF WOMEN, THE COMPLEXION IS IMMEDIATELY FRESHER.
AT LEAST 97%** OF WOMEN FEEL THEIR SKIN BREATHE.

* Self-evaluation after application of the serum foundation followed by the compact powder. N=33 women.
** Self-evaluation at t=4 weeks after application of the serum foundation (N=33) or the compact powder (N=31).

AVAILABLE AT DIOR.COM & SEPHORA



Fun, Fearless Game Plan



9. CONTOUR LIKE A PRO with Sonia Kashuk's accessories collaboration with her mentor, legendary makeup artist Linda Mason (\$36 for set, target.com).

15. FILE YOUR TAXES ANYWHERE, ANYTIME (JUST NO LATER THAN APRIL 15!) WITH TURBOTAX'S NEW APP.



17. BAKE or just salivate over the addictive treats in Christina Tosi's *Milk Bar Life*.

16. SMELL FERGALICIOUS with the diva's latest scent, Outspoken Fresh (\$34, avon.com).



18. SADDLE UP. SCOTT EASTWOOD (FINALLY!) GETS LEADING-MAN STATUS AS BULL-RIDER LUKE COLLINS IN *THE LONGEST RIDE* (APRIL 10).

19. LAUGH AT POLITICS AS CECILY STRONG TAKES A NIGHT OFF *SNL* TO HOST THE WHITE HOUSE CORRESPONDENTS' DINNER (APRIL 25, CNN).

20. PRIME YOUR INSTA, TWITTER, AND SNAPCHAT...COACHELLA WILL BE ALL OVER EVERY LAST ONE OF YOUR FEEDS APRIL 10 TO 12 AND 17 TO 19.

21. RIDE ON. CODY WALKER TAKES OVER FOR BIG BROTHER PAUL IN *FURIOUS 7*, THE LATEST CHAPTER OF THE FAST AND FURIOUS SAGA (APRIL 3).

10. STOCK UP on Ilia's universally flattering lip conditioner in Pink Moon, made in collab with Design Sponge's Grace Bonney (\$26, iliabeauty.com).

MUSIC

Kelly Clarkson

With her sixth studio album, *Piece by Piece*, the queen of pop anthems is back, better than ever, and singing her frickin' heart out.

Best piece of advice ever:
Never take advice from someone you wouldn't want to trade places with.

First thing on my mind when I wake up:
Why did I stay up so late last night? Dear god, please, I need more sleep!

I can't get enough of:
Wine, lots of wine. And Nick Jonas's song "Jealous."

Best personality trait:
I always see the best in people. **Worst trait:**
I always see the best in people and can get screwed over.



LAURA WELSH The *Fifty Shades of Grey* soundtrack contrib's dreamy pop debut.



SHEPPARD The Aussie group behind "Geronimo" drops album *Bombs Away*.



JAMES BAY Your new favorite singer/songwriter/ Brit boy to obsess over.

SWAP WOOL FOR LEATHER. FINALLY DITCH YOUR COAT, SCARF, AND GLOVES AND RING IN SPRING WITH A BRIGHT MOTO JACKET WITH REMOVABLE LAYERS (MACKAGE, MACKAGE.COM).

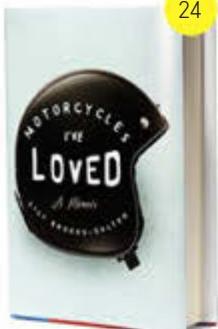


23. ADD A DROP of Fresh's Seaberry Skin Nutrition Booster to your lotions and potions for flaw-free skin (\$45, fresh.com).

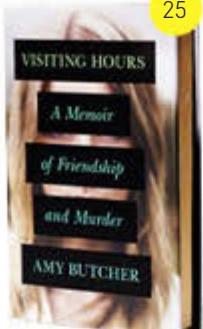


Intimates and Sleepwear
DKNY.com

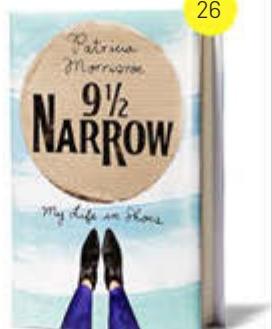
DKNY



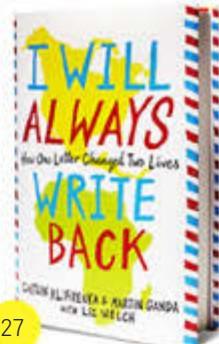
MOTORCYCLES I'VE LOVED,
by Lily Brooks-Dalton
What the PCT is to Cheryl Strayed, the open road is to Brooks-Dalton.



VISITING HOURS,
by Amy Butcher You think you know someone—until they stab someone else.



9½ NARROW,
by Patricia Morrisroe The author's major life moments are chronicled, feet first.



27
I WILL ALWAYS WRITE BACK
Caitlin Alifirenka, from Hatfield, Pennsylvania, and Martin Ganda, from Mutare, Zimbabwe, started off as junior high pen pals. For Martin, even shoes were a luxury, so sending letters abroad wasn't easy. But over the next six years, those notes, which form the heart of *I Will Always Write Back* (edited by *The Kids Are All Right* author Liz Welch), would alter their lives.

Caitlin's family advocated for Martin to earn a full scholarship to Villanova University. He went on to get a Duke MBA, work at Goldman Sachs, and cofound the nonprofit Seeds of Africa Fund. "When you actually sit down and write on paper, you ask for details that you might not on Twitter or Facebook," says Caitlin, who thinks of Martin as a brother. "You really get to know a person."

COSMO READS

"Drop Everything and Read" Day is April 12. Get on it.

fiction

BEN GOLDSTEIN/STUDIO, STYLIST: SABRINA GRANDE

28. **OH! YOU PRETTY THINGS**, by Shanna Mahin A Hollywood native from the wrong side of the Walk of Fame makes a play for star status.



29. **ALL THE RAGE**, by Courtney Summers After the sheriff's son attacks her, Romy Grey must choose between silence or public shame.



30. **VIPER WINE**, by Hermione Eyre A biting tale of age-obsession and vanity way before Botox.



31. **THE ROYAL WE**, by Heather Cocks and Jessica Morgan The Fug Girls bring their cheeky wit to a Will and Kate-esque romance.



32. **AN EMBER IN THE ASHES**, by Sabaa Tahir A romantic fantasy so good, Paramount's already bought the movie rights.



33. **DIAMOND HEAD**, by Cecily Wong The saga of one family, from murdered patriarch to pregnant teen, and the love lines that bind.



34. **FIX YOUR LOVE LIFE: I SUCK AT RELATIONSHIPS SO YOU DON'T HAVE TO**, BY BETHENNY FRANKEL 35. & **BANK ACCOUNT: BROKENOMICS**, BY DINA GACHMAN

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36



39

36. ACADEMY OF COUNTRY MUSIC AWARDS Blake Shelton and Luke Bryan host April 19, 8 p.m. ET, CBS.

37. THE GRACE HELBIG PROJECT The YouTube phenom heads to E!

38. GAME OF THRONES Season five premieres April 12, 9 p.m. ET, HBO.

39. MARVEL'S DARE-DEVIL Charlie Cox turns superhero for Netflix's new series (April 10).

40. MAD MEN The end begins (sob!) April 5, 10 p.m. ET, AMC.

41. LIP SYNC BATTLE Jimmy Fallon's fave gets a Spike TV show with Chrissy Teigen (April 2, 10 p.m. ET).

43. BYO Clos du Bois, specially dressed by designer Mara Hoffman (wine and sleeve, \$48, [closdubois.com](#)).



44. KNOW YOUR NUMBER.

THE CHECKY APP TELLS YOU JUST HOW OFTEN YOU LOOK AT THAT EXTRA LIMB YOU CALL A PHONE.

45. WATCH THE BUMP. The littlest prince or princess is reportedly due in April.



46. BET ON WHO WILL WIN THE BOX OFFICE: BLAKE LIVELY STARRING IN *AGE OF ADALINE* (APRIL 24) OR HUBS RYAN REYNOLDS IN THE ART-HISTORY DRAMA *THE WOMAN IN GOLD* (APRIL 3).

49. BRIGHTEN YOUR EYES. Acuvue's Define lenses give you limbal rings—doctor-speak for sexy peepers ([acuvue.com](#)).

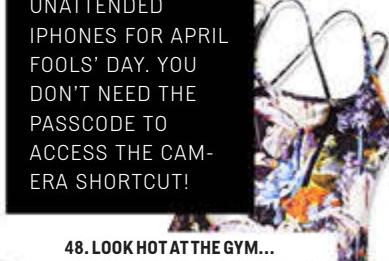


GIVE A TOAST TO THE PLANET ON EARTH DAY, APRIL 22, WITH TUMBLERS MADE FROM RECYCLED GLASS (SET, \$80, [UNCOMMONGOODS.COM](#)).



GRAB A COLD ONE. Ben & Jerry's. Free Cone Day, April 14. Be there ([benandjerrys.com](#) for info).

47. TAKE SO MANY SELFIES ON ANY UNATTENDED IPHONES FOR APRIL FOOLS' DAY. YOU DON'T NEED THE PASSCODE TO ACCESS THE CAMERA SHORTCUT!



48. LOOK HOT AT THE GYM... (no, we don't mean sweaty) in Carrie Underwood's new activewear line, Calia (\$50, [dickssportinggoods.com](#)).

TY: CLOCKWISE FROM TOP LEFT: GETTY IMAGES (2); HELEN SLADAN/HBO/GETTY IMAGES; SPIKE-TV/Frank Okenfels 3/AMC; CARRIE UNDERWOOD/NETFLIX; ROYAL BABY WATCH/LIVE! AND REYNOLDS, ICE CREAM CONE: GETTY IMAGES. ALL OTHERS: COURTESY COMPANIES.



O·P·I

Lacquers from left to right:
Suzi Shops & Island Hops
Just Lanai-ing Around
Hello Hawaii Ya?
This Color's Making Waves
My Gecko Does Tricks
Pineapples Have Peelings Too!
Aloha from OPI
Go with the Lava Flow
Lost My Bikini in Molokini
Is Mai Tai Crooked?
Do You Take Lei Away?
That's Hula-rious!

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"I Couldn't Stop Pulling Out My Hair"

we all have secrets... Mine? Like... the costume I'm wearing for pretty little liars. The difference is that everyone can see them.

@AceWV87

Thank you Cosmo for this article! It makes me feel better knowing I'm not alone #MyCosmo #Trichotillomania #DontBeAshamed



SHOW US YOUR COSMO!

How does Cosmo fit into your life? Instagram or tweet your photo to @Cosmopolitan #MyCosmo. If we feature you in the mag, we'll give you \$50!



@NaijPOV

Reading the new Cosmo, I didn't know @IssaRae was in it! She's doing big things! Go girl! I enjoyed the article!

IT'S A COSMO WORLD

Keeping Up With Kylie

Kylie Jenner's famous family took to Instagram to share her Cosmo cover with their collective **61.3 million** followers. Kylie's cover makes her the third of her sisters to grace the pages of this magazine. **Kongrats!** **BY GABRIELLE HURWITZ**

@KimKardashian

5am call time essentials!
Cosmopolitan mag with my baby sis @KylieJenner on the cover!!!!



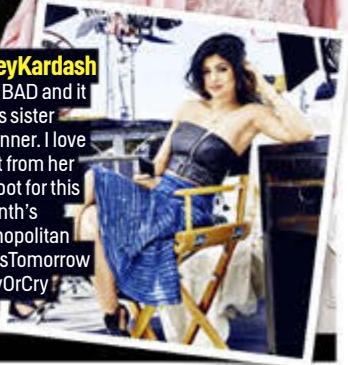
@KrisJenner

Whoa! My baby's magazine cover for Cosmo is on stands today!!!! Congrats @KylieJenner you are so beautiful inside and out!!!! #ProudMama



@KourtneyKardash

This is my BAD and it shows sister @KylieJenner. I love this shot from her cover shoot for this month's @Cosmopolitan #OnStandsTomorrow #BuyOrCry



tweets we love

@TabbLove

The little girl I babysit and I get along pretty well. When I get here she says, "Hey, I'll watch Netflix and you read your Cosmo." She's 5.

@QueenOfWinterr

Apparently I just graduated from Kink Academy with a PhD in leather-strap lingerie and a minor in nipple embellishment. Thanks, Cosmo!

LETTER OF THE MONTH

"I've been pleased in the past few months because I've noticed you guys have been including LGBTQ topics. You guys are making a huge impact on all your LGBTQ readers' lives, especially with Abigail Pesta's article 'Love Cost Us Our Jobs.' I have never been more proud to be a Cosmo fan!" —Amanda Johnson, 21, Atlanta

CORRECTION

On page 206 of the February issue, the author of the excerpt from *Her Last Wild Ride* is Abby Green, not Tiffany Reisz.



"IS NOT A KISS THE VERY
AUTOGRAPH OF LOVE?"

HENRY FINCK, AUTHOR

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SECRET OF THE MONTH:

No time to iron? Hang wrinkled clothing just outside the shower curtain—the steam will help get rid of wrinkles.

While you're in the shower, use the NEW **NIVEA In-Shower Body Lotion** after cleansing. It absorbs into your wet skin in seconds and moisturizes with no sticky feel, so there is no need to apply lotion after you shower!

SEE BACK LABEL FOR FULL USAGE INSTRUCTIONS

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COCKTAIL of the MONTH

Tanqueray French 75

This classic cocktail goes down easy but will punch you in the face if you're not careful.

Combine 6 ounces Tanqueray No. Ten, 6 ounces fresh lemon juice, and 3 ounces simple syrup in a punch bowl. Fill with ice, and stir well. Top with 12 ounces champagne or sparkling wine. Serve over fresh ice in a glass. Garnish with a lemon peel. Serves 4 to 6.

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I LOVE WORKING with men, which is funny considering that we're mostly women here at Cosmo (with a few lucky guys thrown in for good measure). I've had great experiences and enormous support from male bosses and colleagues who have helped shape my career. That's why I particularly like Sheryl Sandberg's contribution this month as our Cosmo Careers editor. Her section highlights how too often when we talk about our lives at work, we ignore the importance—and fun!—of working with men. Women can't mentor only one another. And we need more men to lean in with us. So I'm excited to have 15 pages in the magazine this month all about how to work more effectively with guys, because as you already know, it's not all

For fun hairstyles inspired by Cosmo covers, just rip out our booklet with all the tricks, tools, and products to try. My faves: Oribe Dry Texturizing Spray, Toni & Guy Stick It Up Gum, and the purple Paul Mitchell Platinum Blonde shampoo.

9-to-5, male-female harmony in cubicle land. Our guide tells you how to avoid the classic miscommunications and how to sidestep the land mines that can come with having a male mentor. We even give you Cosmo's 10 Commandments for Dating a Coworker, because sometimes the office is the best place to meet a great guy who really gets you. And Sheryl's point that the most important decision in your life is who you will choose to be your domestic partner is absolutely spot-on. You will want support at home in order to truly thrive at work. We all deserve that.



Joanna Coles

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Abs vs. drabs:
Would you rather work with these guys...or these guys?
(Although, abs can be very distracting!)



Many of you loved our Fun Fearless Life conference. If you couldn't attend but feel like you want to break out of your rut, grab some friends for Mika Brzezinski's Know Your Value live career events. Check out MSNBC.com/KnowYourValue for details.



Mika and me on MSNBC's *Morning Joe*.



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In Her Own Words

Hilary Erhard Duff

It's a family name.

Nickname: HD, Bee,
Juicy (my fam is
weird, they call
Haylie Yummy)

My favorite show
growing up was:

"Clarissa
explains it all"



The shows I'm currently
obsessed with are:

"The Bachelor"
"Ray Donovan"

My fashion icon is:

Kate Moss

For my fantasy dinner party,
I'm sending invites to:

Beyoncé
Meryl Streep
Kristen Wiig and
all my girls



We have one life
here, fight for what
makes you happy and while
you're at it, never wish time away
Smile, Damn it, you're super cool



All-time favorite
Lizzie McGuire moment:
When Lizzie
wants a bra

Favorite emoji: All of the
monkeys

The sexiest thing I own is:

Definitely my new
currently Elliott Overalls.
Actually maybe my
birthday suit.

My inner Texan comes out when I've
Had a few !!

My current celeb crush:



Charlie Hunnam

Officially
Cosmo-
approved.

My favorite part of my body is:

I've been working on
it right now it's
my booty

Top, skirt, Oscar de la
Renta. Ear cuff, Leiv-
anKash. Stud earrings,
Joomi Lim. Bracelets (on
left arm, from top), Dan-
nijo, Joomi Lim; (on right
arm worn throughout),
Hilary's own Cartier

HED

ATTRACTION IS ON

2 STEPS
TO TOTAL
GEL ENVY

"IT TAKES JUST AN
INSTANT FOR HANDS
TO TOUCH AND HEARTS
TO FALL IN LOVE."

J. LUKE, WRITER

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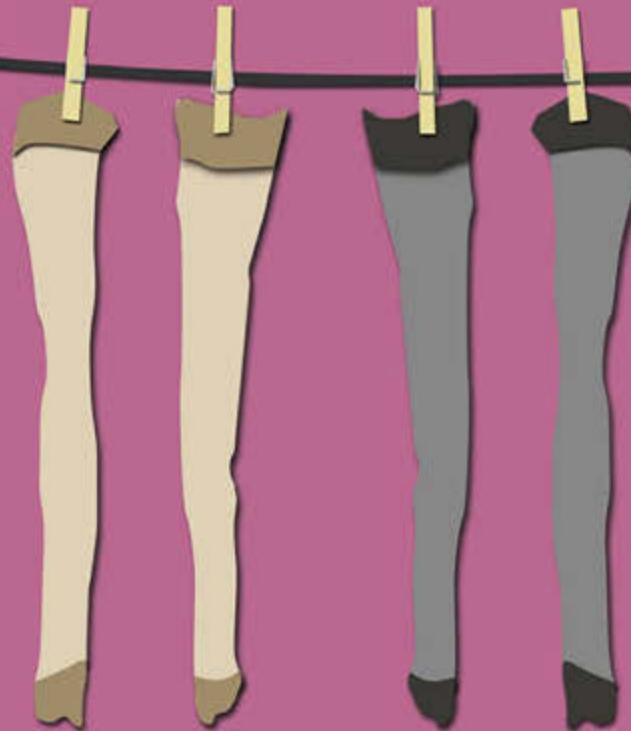
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CONFessions

You reveal your most EMBARRASSING, RIDICULOUS, WHAT-WAS-I-THINKING moments.

EDITED BY MARINA KHIDEKEL



1
"I was rehearsing for a dance while wearing a friend's skinny jeans, not realizing the pants had slid down my butt! Major plumber's crack."

—TAUREAN H., 25,
actor and writer,
from Allen, TX



2
"She witnessed my first kiss and told people about it!"



"He looked like he was making out with your cheek."

—EMILY L., 18,
student, from Rancho Cucamonga, CA

"I wanted to cry."

—NATHALIE L., 19,
student, from Rancho Cucamonga, CA



DON'T MISS NEXT MONTH'S
CONFessions, ON SALE APRIL 14.

REPORTED BY ANNA BRESLAW AND HELIN JUNG
PHOTOGRAPHED BY NAOMI NISHI

[No. 4]

COWGIRL FAIL

"I met a guy at a bar, and we had a drunken one-night stand...but not before I pulled my tampon out in front of him and waved it seductively, like a lasso. Swear to god. He was absolutely horrified."

—LISA V., 26



A DUDE REACTS

"IF A DRUNK GIRL SEDUCTIVELY WAVES HER TAMPON IN MY FACE, TONIGHT ISN'T THE NIGHT TO GET LAID."

—JOSHUA L., 20



6

"I liked a guy and saved pictures of him on my phone so that I could show Dana."

"And he saw the pictures I had of him! We ended up hooking up—he must have been flattered."

—FIONA F., 18, stylist, from Los Angeles, CA

[No. 5]

SOUR-DOUGH? SEXY.

"I texted my husband: 'I'll pick up a cock ring along with the bread bowls.' And I accidentally sent it to my brother-in-law! He told the whole family, and now they all make cock ring/bread bowl jokes. I'll never live it down."

—LEXIE H., 22

[No. 7]

GUY CONFESSION

"I was about to have a girl over, but I hadn't washed my sheets in, like, three months. So I texted my roommate and told him to spray Glade all over my sheets. Worked perfectly." —JACKA., 21

[No. 8]

Stick Shift

"A cop caught us having sex in a car and asked if I was 'decent,' i.e., whether I had clothes on. My boyfriend retorted, 'Hell, yeah, she's decent!' then turned beet red when he realized what the cop actually meant."

—ABBEY B., 19



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[No. 9]

"I accidentally called my boss 'Mom.' During a staff meeting, in front of everybody."

—RACHEL G., 29

[No. 10]

GUY CONFESION

UNLEASH THE DRAGON

"I had anal sex with my college girlfriend, and we turned the TV on to keep people from hearing us. *How to Train Your Dragon* was on. Now every time I see it, I think of anal."

—KEVIN C., 22



11

"I was having tea with his grandparents at their house and said, 'It's so cold, I should have worn pants!' His grandparents went silent on me..."

—PILARA., 25, personal assistant, from Los Angeles, CA

[No. 12]

"I tell everyone I'm vegan, but I secretly eat hot dogs."

—ANGELINA L., 25



13

"I'm an interior designer, and I can't tell with the naked eye if something is straight. Clients will ask me, and I will put on the best act and later run around with rulers trying to figure it out."

—SASHA A., 23, interior designer, from Los Angeles, CA

[No. 14]

GUY CONFESION

Just Messing

"We had a couples' dinner, and my girlfriend's roommate's boyfriend and I went out to get some olive oil. We called the girls and jokingly told them that we got pulled over with open beer bottles in the car. My girlfriend started sobbing! I felt really bad, but now I know how much she cares about me." —DAVID L., 20

CELEB
CONFESION

[No. 15]

FISH OUT OF WATER

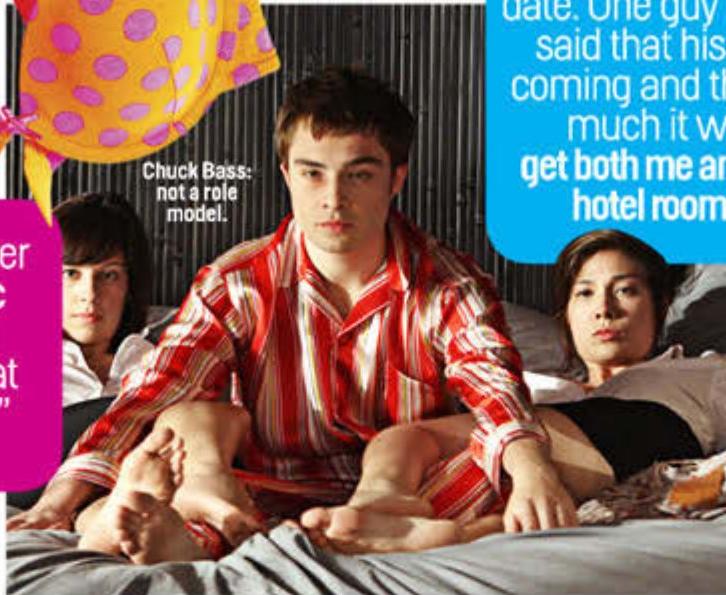
"I was on a cruise, and people wanted to swim. So I pretended I could too. These coast-guard people had to send a boat for me, specifically... like, a rescue mission. So embarrassing."

—KEYNAN LONSDALE,
INSURGENT



Chuck Bass:
not a role
model.

"He asked if I'd ever considered plastic surgery because I 'would look great with a boob job.'" —KIM A., 25



Chuck Bass:
not a role
model.

"My friend and I were supposed to go on a double date. One guy showed up and said that his friend wasn't coming and then asked how much it would cost to get both me and my friend to a hotel room." —MAURA O., 20

"He told me that he had STALKED MY INSTAGRAM before our first date and then proceeded to inform me that my sister was 'so hot.' Thanks?" —JULIE K., 25

WORST DATES EVER!

Enjoy these readers' doozies, and be glad this wasn't you.

"On a first date with a guy I met online, he told me we would be having three children, one every 18 months, and not to worry because he will get me a nanny...all over appetizers and wine." —MARIA C., 27



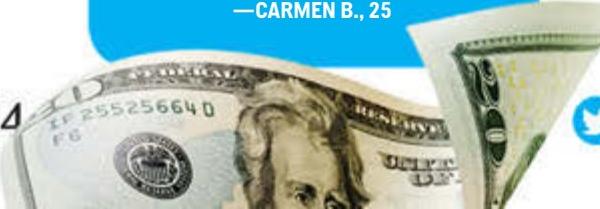
"Ten minutes into the first date, I received a request on Facebook to approve my NEW RELATIONSHIP status with him." —STEFANIE S., 20

"He chose an expensive bar, and when the check came, he only threw down \$20, which barely even covered the tip, then looked at me and said, 'You have a better job, so you've got the rest, right?'" —CARMEN B., 25

"He pulled out his phone and started showing me all the other girls on OkCupid he was talking to, telling me that if we didn't work out, he needed a plan B. Needless to say, we didn't make it." —AMANDA R., 24



"On our first date, we were pulled over, and the cop ARRESTED HIM for a traffic warrant. He had the nerve to ask me to bail him out." —TANYA S., 36



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Vanessa Hudgens



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OH, SNAP!

This April 1, we salute the quick-witted ladies who make fools of those who dare to come at them with weak Qs and lame tweets.



THE HOTNESS

Sam Heughan

WHO Scottish actor killing it in a kilt in Starz's *Outlander*, based on Diana Gabaldon's can't-put-down best-selling series.

BY LAURA BROUNSTEIN

WELL, HELLO

"I'm a notorious late-night texter. I seem to use a lot of lip, heart, and tongue emoji. But I think—the call is always better—especially now with everyone only texting, a call can be quite exciting. I might be wrong though. Maybe people don't want me to call them!"

"Under the kilt? I'm a true Scotsman. You don't even have to ask. It can be very breezy!"

FOREIGN RELATIONS

"British women can be slightly more reserved, Scottish are a little more crazy and fun, and American are more forthright, which I really enjoy. I haven't met enough American women. I think we need to rectify that."

GIRL WALKS INTO A BAR

"If she orders a scotch, that's really impressive. That's going to get her a date. But if I'm on a beach, even I'll go for something with coconut water or an umbrella."



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FUN, FEARLESS...FAIL!

From wow to WTF, we call the trends like we see 'em.



★ FUN Poprageous.com's Cumberbatch leggings: for the Benedict Cumberbatch fangirl who wants him all over her body.



★ FEARLESS Shia LaBeouf wears pink leggings (a gift from Ellen DeGeneres) to raise awareness about breast cancer.



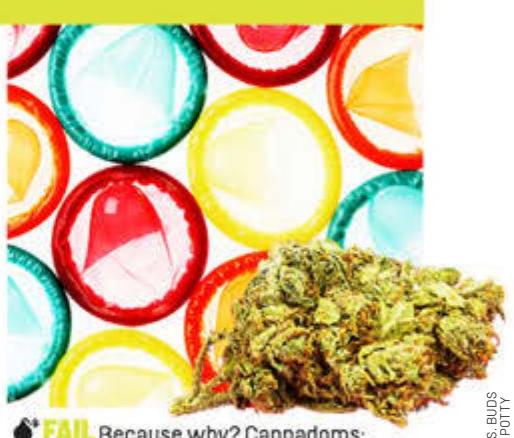
● FAIL Christian blogger swears off leggings after deciding that they made men look at her lustfully. Embrace what God gave you, girl!



★ FUN 2 Chainz debates Nancy Grace on the legalization of marijuana. He beats her half-baked arguments like a stoner boss.



★ FEARLESS Ganja leaves are the new black. Cannabist's Katie Shapiro becomes the first marijuana style writer in the U.S.



● FAIL Because why? Cannadoms: condoms that smell and taste like weed, without the high. Buzzkill.



★ FUN Bathroom-sharing app Airbnb makes entre-peen-eurs of homeowners willing to let you use their toilet for a fee.



★ FEARLESS Trans-progress! Austin and West Hollywood require single-stall restrooms to be gender neutral.



● FAIL Are you bucking serious? Pair caught mid-fellatio in the bathroom during a Professional Bull Riders event in NYC.

THAT'S TIGHT: FROM LEFT: POPRAGEOUS.COM; MICHAEL WRIGHT/WENN.COM; GETTY IMAGES; BLAZING: FROM LEFT: GETTY IMAGES; HUMBERTO DARREN/STYLINGPHOTO.COM; CORBIS; POTTY PEOPLE: FROM LEFT: ANGELA CHESTER/T: GETTY IMAGES; DAVID SPIN/COM; GETTY IMAGES.

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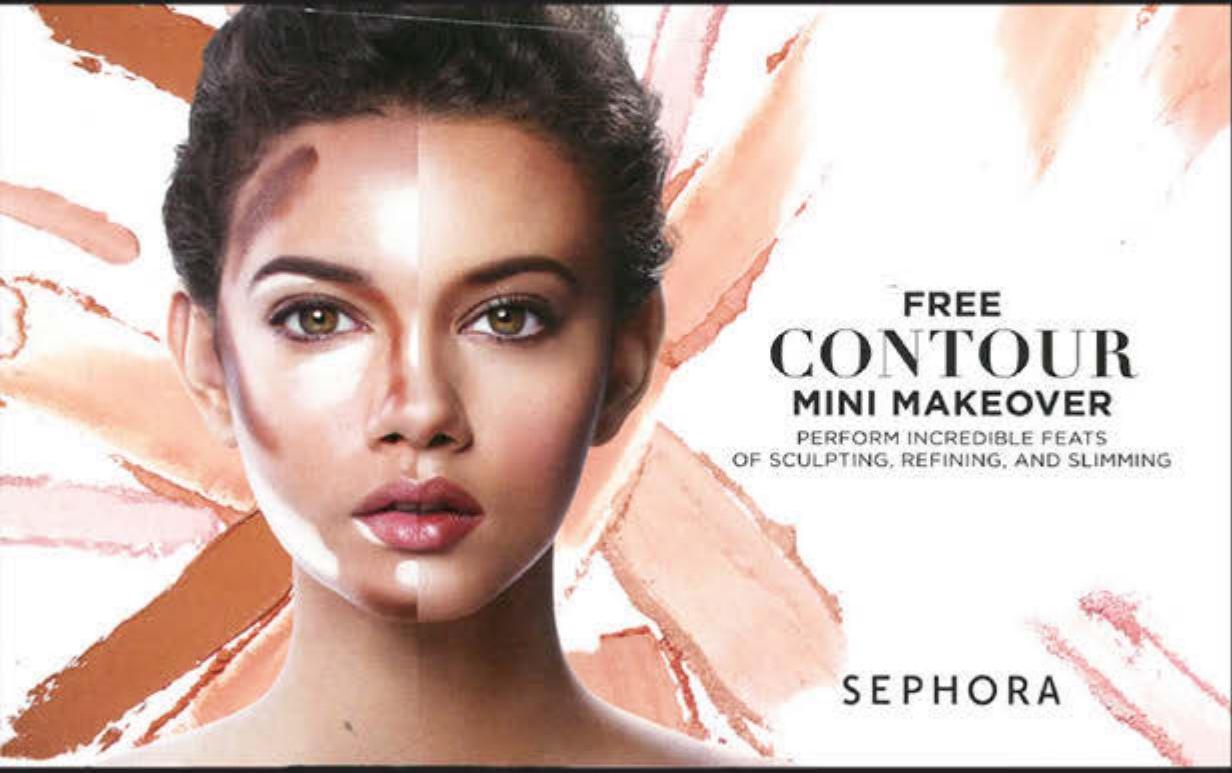
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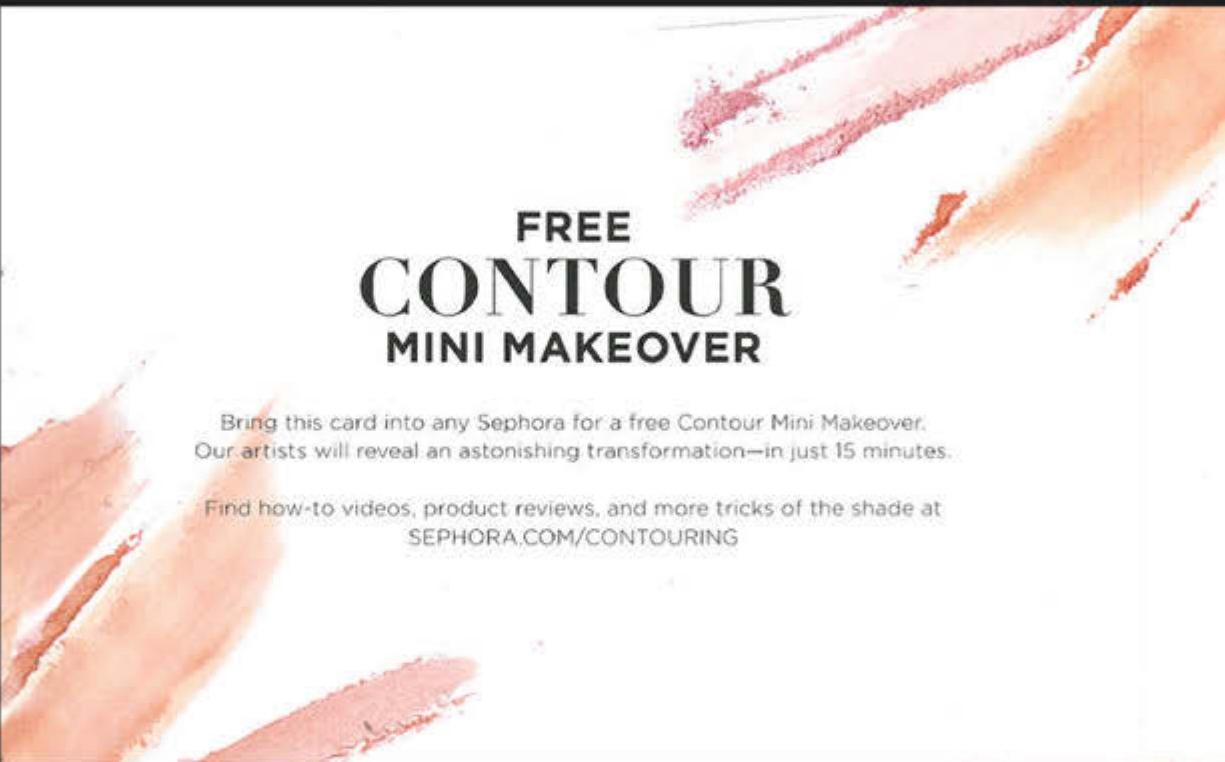
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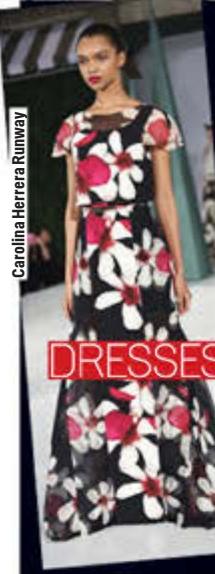
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SAFE → SEXY

From prim in petals to showing their secret gardens, celebs flaunt flora.



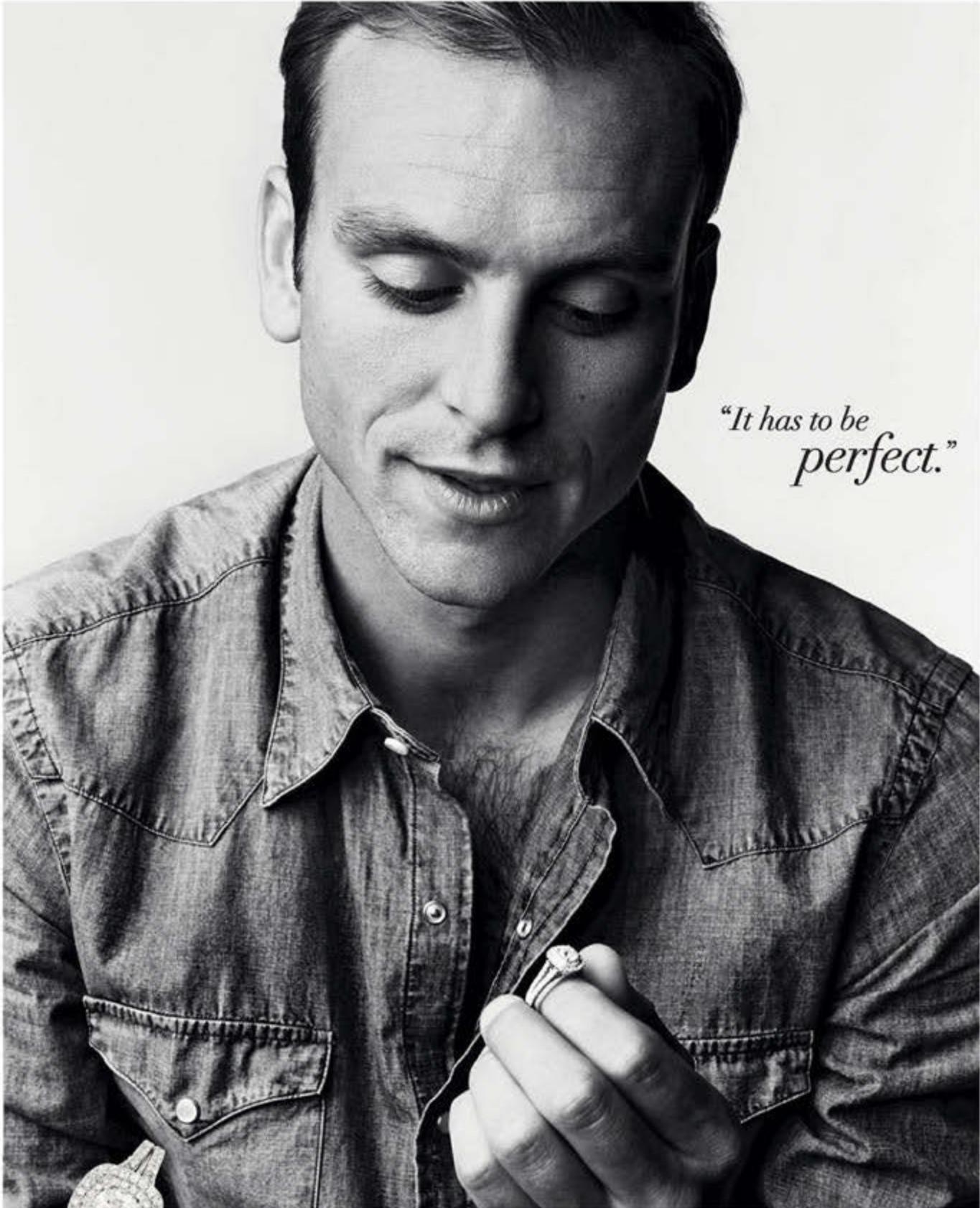
Mary Carey

Louise Glover

Shauna Sand



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VERONICA ROTH'S TALL TALE

The author of the *Divergent* trilogy talks about wanting to disappear... and fighting her way back.

Tris Prior is usually the shortest person in any given room. The main character of *Divergent* is constantly referred to as "little girl," despite the brave, adult things she does. As I wrote her story, I realized Tris Prior and I have something in common, which is that we are both immediately defined by body size—only I am almost a foot taller than she is.

At six feet tall, I am seven inches taller than the average American woman. It comes with advantages: I can gain or lose five pounds without noticing, and no one has ever patted me on the head or called me *cute*. But there are disadvantages, too: never being able to disappear, no matter how much I hunch over; derisive comments from men who haven't matured yet; and criticism if I wear heels. ("You don't need those!" people say, as if anyone *needs* sneaker wedges.)

When I was younger, all these comments and looks piled on top of one another in my mind, telling me to look smaller, thinner, or girlier than I was. And then be smaller became be quieter, don't call attention to yourself, be less than you are.

Be smaller, in other words, meant disappear.

But as I grew older, I began to admire the tall women in my life for owning their height. My mother, at 6'0", is graceful as well as gracious... and strong in more ways than one. When my sister played volleyball, her 6'3"



"When I want to channel Tris, I put on three-inch heels."



6'	veronica roth
5'11"	michelle obama
5'10"	taylor swift
5'9"	serena williams

frame was as powerful as her always vibrant, resilient personality. Both amazing—and both determined not to disappear.

They helped me accept my height, and so did the husband who doesn't bat an eye when I strap on my stilettos—but ultimately, the one who really made me okay with it was me. I learned to stand (in wedges!) in front of hundreds of people to tell them about the books I worked to create. I learned to look people more experienced than I am in the eye during business meetings. I learned to take up space, both literally and figuratively, and not to apologize for existing.

It's not a lesson I learned once and forever. Last summer, I was a bridesmaid at a friend's wedding. All I could see in the pictures were my broad shoulders and the extra foot of vertical space that I took up next to other girls. My self-acceptance is a work in progress, and it always will be. But I think that's okay too.

Tall girls, short girls, in-the-middle girls—be every bit as big as you are. Stand up straight, go after what you want, and believe this: It's a shame when we hide what we are, whatever we are—a shame for us but also a shame for the world.

And wear whatever shoes you damn well please. ■

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—Jenna

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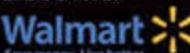


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I MEAN NO OFFENSE to Karlie or Cara when I say, *I wouldn't want to be your friend.* I'm sure they're delightful. It's just that I'd always feel like the Judy Greer to their Jennifer Garner, Katherine Heigl, or J.Lo.

If you ask most women what they look for in a new friend, they'll likely describe someone down-to-earth, funny, and who they can be themselves in front of. That's only part of the story. Just like attractiveness plays a part in romantic relationships, research suggests it also plays a part in friendships—even if most of us are unaware or unwilling to admit it.

According to a study of college-age women in the journal *Human Nature*, women tend to have friends who are "similarly attractive."

One possible reason for this "birds of a feather" effect? It can help you attract "potential mates," says April Bleske-Rechek, PhD, professor of psychology at the University of Wisconsin at Eau Claire and the study's lead author. Meeting friends for drinks, for example, could up your chances of getting noticed by the group of guys across the bar. But this presents a catch-22: Some of us subconsciously seek out friends who may help attract attention, but if they're too hot, they steal the spotlight. Now your friends aren't just your allies—they can also be your toughest competition, especially if you perceive yourself as the least attractive one in the group.

Like so much else, there is now an acronym for this feeling: DUFF, aka designated ugly fat friend. It's also the title of a recent movie starring Bella Thorne and Mae Whitman. Playing the titular DUFF onscreen is Whitman, who's neither fat nor ugly, proving that DUFF-ness doesn't have to be all about looks—it's just about feeling inadequate next to a pal. The rich friend with a weekend house, the girl with the hottest boyfriend, the one with the amazing wardrobe—next to these friends, we tend to forget what we bring to the table, and the relationship can feel pretty awkward, even unhealthy. But for better or worse, DUFF status isn't permanent: It can change with things like promotions, breakups, or even how we feel about ourselves that day.

I had my own brush with DUFF-ness during my last year of living in



What happens when your best friend is the pretty one? **Shannan Rous**, on the thing no one dares talk about.

NYC. That's when I met Kate (not her real name). A former model, she bore a striking resemblance to Adriana Lima—olive skin, dark hair, blue-green eyes. The only celebrity I've ever been told I resemble is Chelsea Handler. Hardly ugly, but unlikely to be confused with a Victoria's Secret Angel. Kate and I eventually became friends, going out for girls' dinners and drinks, sharing stories about ex-boyfriends (and potential new ones).

When we were out together, I made an effort to keep up with her: I blow-dried my hair and wore my highest heels. I didn't make a big thing out of it—I think there was a tacit agreement between us not to talk about looks. That way, we could pretend it didn't matter, at least not in terms of our friendship. Still, when we went up to the bar for another round, Kate was the one the bartender turned to first. I didn't feel invisible exactly, just more like second-best. Maybe if our friendship had continued (I moved to L.A. just as we were becoming close), those feelings would have subsided. A 2014 study found that having a friend whom we perceive as thinner or prettier can actually boost our self-esteem. The reason? When we feel close to a friend, rather than thinking, *She's so much thinner than I am*, we see ourselves as similar to them. Call it "thinner by association," says lead researcher Ariana Young, an assistant professor of psychology at California Lutheran University.

Where Kate has her looks, I have a certain cachet of my own. Around this time, I was getting a book published, which impressed Kate and also caused her to get really name-droppy with me, referencing famous philosophers like Derrida and Chomsky (I had heard of them), even contemporary writers I would have to Google later. Also, she talked so much about work! It was so obvious that Kate was trying to prove she had something to offer besides being hot. It seems that, while I was busy proving I was pretty enough to hang with Kate, Kate was trying to prove she was smart enough to hang with me. Maybe it's wishful thinking, but in those moments, we were each other's DUFFS. ■



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#REAL TALK

WHY MATERNAL INSTINCTS ARE BULLSH*T

Nature doesn't dictate whether or not you would make a good mom.

Laura Kipnis explains.

"Like shitting a pumpkin" is how feminist Shulamith Firestone once described childbirth. She hadn't experienced it herself but was referring to a friend's take on what labor was like. It confirmed Firestone's view that childbearing was barbaric. Discomfort aside, her thinking was that women aren't going to achieve social equality until some technological alternative is invented to save us from being the only sex expected to go through it. If men were the ones forced to endure the ordeal, such a solution would have been devised ages ago.

Firestone was no fan of nature, a feeling I share whenever I hear people, especially women, touting the idea that women are naturally more instinctive parents. It's not that I think maternal instincts don't exist; they certainly do. But they exist as social conventions of womanhood at this moment. They're not, in fact, eternal or permanent,

because what's social is changeable.

It's not my issue with maternal instincts that explains why I never had kids. I love kids and have proven it by spending the equivalent of a year's college tuition hauling my beloved niece and nephews to the movies over the years.

No, I don't believe in the maternal instinct because it's an invented concept. It arose, at least in Western culture, circa the Industrial Revolution, when a new sexual division of labor was negotiated—the one where men go to work and women stay home raising kids. Suddenly, the new party line was that such arrangements were handed down by nature. When kids' actual economic value declined, because having many was no longer necessary to the household labor force, they became the priceless little treasures we know them as today. In other words, once children started costing more to raise than they contributed, there had to be some justification for having them.



Hold up, who planted the Baby Kale?

So what we're calling biological instinct is actually a cultural development—a historical artifact, not a fact of nature. Of course, even an invented instinct can feel very real. I don't doubt that.

I dislike the romance of maternal instincts because it sentimentalizes nature. Let's face it: Nature hasn't been particularly kind to women (menstruation, anyone?), and I say we owe it no favors in return. Sure, we like nature when it's a beautiful day on the beach; less so when a tidal wave floods our home or a woman dies in childbirth. If it's our biological station that we're stuck bearing the children, then there should be a lot more social compensation and reparations for this inequity than there is. But women keep forgetting to demand them, so convinced are we that these arrangements are the natural order of things.

Beyond saddling us with the painful, often immobilizing experience of childbearing, another one of nature's little jokes is the placement of the clitoris (a primary locale of female sexual pleasure) at a distinct distance from the

vagina (the primary locale of sexual intercourse). Perhaps this mainly affects women who have sex with men, but still, that's a lot of us, considering there's a large percentage of men who don't fathom these anatomical complexities...or address them (see p. 156 for more on the orgasm gap).

And yet, we all know that when it comes to sexual pleasure, whatever inequities nature has imposed on us can be overcome. With a little communication, culture overrides our anatomy. But mention motherhood and, suddenly, everyone's on nature's side.

In case you haven't heard, birthrates across the industrialized world have been in decline ever since the advent of the Pill—although it wasn't due to the Pill alone. Once more women started going to college and the job market opened its arms (if not its coffers), birthrates plummeted even further. So as much as women talk the talk about maternal

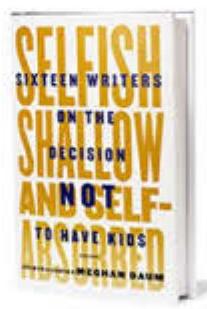
instinct, fewer than ever are walking the walk. Developed nations from Japan to Italy are facing a population crisis due to the fact that a growing percentage of the female population now has either no or only one child by age 40.

Women are voting with their ovaries, and the reason is simple. There are too few social supports, especially considering that most women are working moms. Yet virtually no social policy accounts for this. Where's the affordable child care? Where's the universal paid maternity leave? According to a recent U.N. survey of 185 countries and territories, the U.S., Oman, and Papua New Guinea were the only nations not to offer financial benefits to women during maternity leave. So yeah, there's that.

If *maternal instinct* means wanting to devote your life to something or someone, then fine. But its invention in the first place means there's no reason it can't be reinvented differently, including in men. Men may not yet be able to bear children, but when raising kids is no longer the exclusive domain of women, no doubt it will become a more socially valued enterprise.

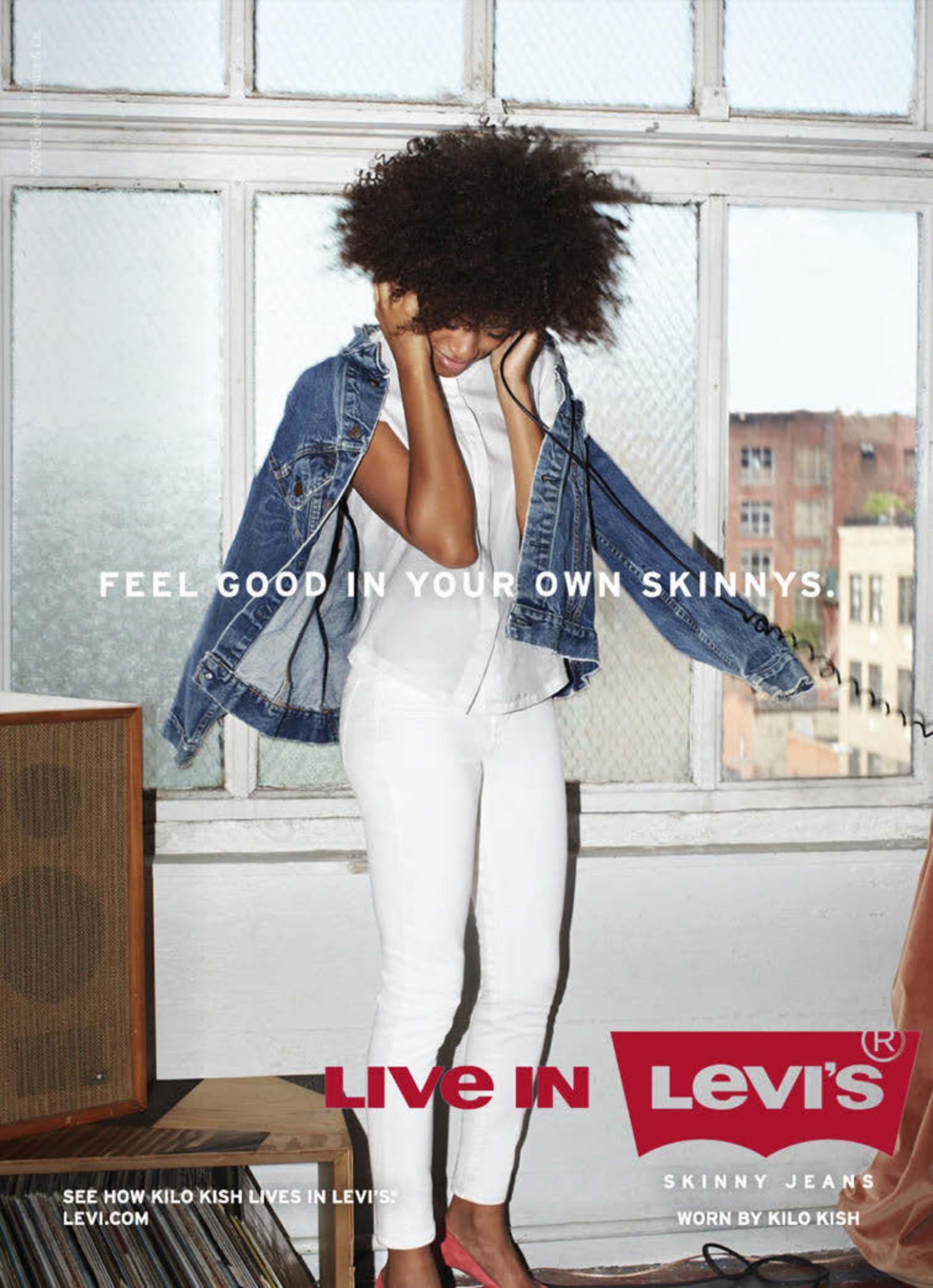
But that's not natural, you say? I must confess, every time I hear someone use *natural* in conjunction with women and maternity, I want to rip them limb from limb. "How's that for *natural*?" I'd like to say. That's how nature likes it—painful and unpredictable. So please, shut up about nature already. ■

"I DISLIKE THE ROMANCE OF MATERNAL INSTINCTS BECAUSE IT SENTIMENTALIZES NATURE. LET'S FACE IT: NATURE HASN'T BEEN PARTICULARLY KIND TO WOMEN (MENSTRUATION, ANYONE?), AND ISAY WE OWE IT NO FAVORS IN RETURN."



Adapted from *Selfish, Shallow and Self-Absorbed: Sixteen Writers on the Decision Not to Have Kids*, edited by Meghan Daum, available this month wherever books are sold. Laura Kipnis is the author of *Men: Notes From an Ongoing Investigation*.





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Fun, Fearless

STYLE

EDITED BY KATIE L. CONNOR
SENIOR MARKET EDITOR: SARAH CONLY



STEWART YOUNG/STUDIO D, STYLIST: MELISSA NICOLE BUCK FOR RJ BENNETT PRESENTS. CLOCKWISE FROM TOP LEFT: LESLIE KIRCHHOFF; GETTY IMAGES (2).

FESTIVAL-DRESSING DECODED

Can't make it to the music-fest/fashion show that is Coachella? Model Amber Le Bon, daughter of Duran Duran's Simon, shows you how to look the part without blowing your cash on a weekend pass.

Fun, Fearless Style

ABOVE THE FRAY

THERE'S NO DANCING PARTNER
NEEDED WHEN YOU HAVE LEATHER
FRINGE TO SWING TO THE BEAT.

A LITTLE FRINGE TRIM ADDS EXTRA
COVERAGE THAT'S STILL SUPER SEXY



Go bra-less in a
stretch-denim
top with
Lycra.

Shorts, Big Star, \$118,
bigstardenim.com



Vest, Paige Denim,
T-shirt, Calvin Klein
Jeans, \$39.50, Macy's



Bag, Michael
Kors, \$398,
Bloomingdale's



Jacket, Forever 21,
\$59.90, forever21.com
Shorts, Hudson,
\$158, hudsonjeans.com
Shoes, Salvatore
Ferragamo, 866-337-
7242. Bag, Etro, Etro
NYC, 212-317-9096.
Rings (on left hand),
Meadowlark, \$277,
meadowlarkjewellery.com; (on right hand),
We Who Prey, \$200,
wehoprey.com

Skull bracelet, \$220,
all others, \$35 each,
Vanessa Mooney,
vanessamooney.com



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Dress, Rebecca Taylor, \$495, rebeccataylor.com



Earrings, Dannijo, \$320, dannijo.com



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Vest, \$550, Dress, \$690, Hilfiger Collection, Tommy Hilfiger stores.
Ring, Pamela Love, \$175, bonadrag.com



Hat, Eugenia Kim, \$365, eugeniamkim.com



Dress, The Kooples, \$355, Bloomingdale's



Vest, Kaelen, kaelennyc.com



Bag, Figue, \$495, Figue NY, 212-380-7970



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Shoes, INC
International Concepts,
\$109.50, macy's.com



Dress, Mara Hoffman, \$275, marahoffman.com



Dress, Peter Pilotto, moda operandi.com.
Jacket, Capulet, \$90, nastygal.com. Shoes, Casadei, similar styles available at Saks Fifth Avenue



GIRL MEETS GUY
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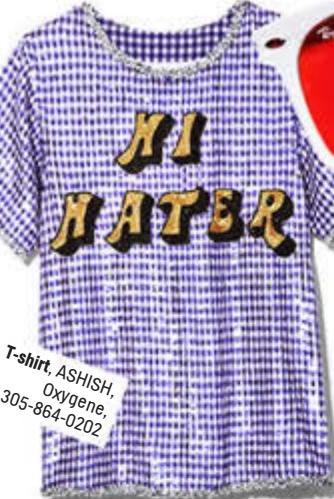


THE STRENGTH TO SHINE

*vs. regular shampoo and conditioner

garnierusa.com

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T-shirt, ASHISH,
Oxygene,
305-864-0202



Sunglasses,
Ray-Ban, \$220,
sunglasshut.com

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Shorts, DL1961
Premium Denim
with Lycra, \$103,
dl1961.com



Bag, XOXO, \$78,
jcpenney.com

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KNOW YOU'RE SCOPING THEM OUT.



Jacket, I Heart
Ronson, \$55,
jcpenney.com.
Dress, Au Jour Le
Jour, aujour
lejour.it. Bag,
MCM, The Shops
at The Plaza, 212-
832-2626



Jeans, Forever 21,
\$27.90, forever21.com



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THE STRENGTH TO SHINE

*vs. regular shampoo and conditioner



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A woman with long brown hair is reclining on a dark-colored sofa. She is wearing a white, short-sleeved, polka-dot lace-trimmed top and matching bottoms. Her right arm is resting behind her head, and she is looking directly at the camera with a slight smile.

undress THE DAY

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FROM LEFT:
MIRANDA KERR,
RUBY ALDRIDGE,
NADJA BENDER

ASK KELLY

Style expert, designer, and *Fashion Police* star Kelly Osbourne tackles your wardrobe issues and fast-tracks you to fabulous.



Top, Mango, \$49.99, mango.com

Q **Florals are the epitome of spring, but they're so cliché. What other prints would be fun for the warm seasons?**

—Brigitte Hong, 21

A I'm a huge fan of stripes year-round. There are also some incredible paisley prints right now, and mixing plaids can be fun. But don't go too far because you'll end up looking like Bill Murray, unless you want to look like Bill Murray—that's not such a bad thing, because he's cool as fuck.

I FEEL LIKE FRINGE JACKETS HAVE FOUND A HOME IN FALL FASHION. HOWEVER, I WOULD LOVE TO WEAR ONE IN THE SPRING. WHAT WOULD MAKE IT SEASONALLY APPROPRIATE?

—Ama Kwarteng, 19

A As somebody who has a phobia of wearing fringe for fear of looking like my father in the '70s, I feel ill-equipped to answer this question. After seeking counsel from a few of my favorite fashionistas, the verdict is unanimous that a great pair of dark fitted jeans look good with a fringe jacket no matter what the season. After winter, take those jeans, perform a little surgery, and give them new life as shorts for the summer.



Jeans, Denizen from the Levi's brand, \$27.99, Target. Jacket, Rebecca Minkoff, \$698, 866-838-6991

Q **I'm 5'3" and I have nice legs, so I like to show them off in miniskirts. I usually balance the outfit with a covered-up top, but my large boobs make me look circle-shaped. If I go for a fitted top I look like a two-buck hooker. How can I fix this?**

—Rebecca Kravetz, 21

A I know exactly what you're talking about as I am only 5'2". And if a sweatshirt fabric top is too thick, I end up looking like an egg. Your best friend is layering. If you take too-thin shirts and layer them, they will become the thickness of one normal shirt. If you take a black top and layer on a white one, they will elongate you. Also, if you're heavier on top, then wear a daintier shoe, and if you're heavier on the bottom, wear a heavier shoe because it will make your frame appear smaller. It's all about illusion. Oh, and if you're bigger on top, wear a bright lip color—that's where the eye will be drawn to.



Top, 525 America, \$138, 525america.com



Shoes, Report Signature, \$120, reportsignature.com

MARY KAY

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Lipstick

Shade shown: Tuscan Rose

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Raincoat,
Boohoo, \$16,
boohoo
.com

Bag,
American
Eagle
Outfitters,
\$19.95,
ae.com

Speakers,
\$37.50 for
both, PopRock
Bluetooth
Speakers, qvc
.com

Watch,
Swatch,
\$50, store
.swatch
.com

Umbrella,
Hunter, \$50,
us.hunterboots
.com

Bracelets,
R.J.
Graziano,
\$35 each,
rjgraziano
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Hat, Scala
Collezione,
\$24, 800-
367-3626

Shoes, AMI
Clubwear,
\$34.99,
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Loves
Rome, \$42,
cocoloves
rome.com

Skirt,
Missguided,
\$28.48,
missguidedus
.com

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JERGENS.

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- 1 Necklace, Antik Batik, \$115, antikbatik.com
2 Shoes, Casadei, casadei.com
3 Bag, Tory Burch, \$550, toryburch.com

CALI DREAMING

It's time to patch up some spring-cleaning holes in the closet. Good-bye, boots—hello, cool-girl clogs and beach-blanket print bags.

PHOTOGRAPHED BY JONATHON KAMBOURIS | SENIOR ACCESSORIES EDITOR: KATHY LEE



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—Holly

New Dove Dry Spray Antiperspirant
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Handbag,
Kara, \$460,
karastore.com

Jacket,
Ann Taylor,
\$198,
anntaylor.com

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Dress,
Greylin,
\$133.40,
shopgreylin.com

Jeans, 7 For
All Mankind,
\$178, Neiman
Marcus

Sweater, Each
X Other, \$330,
Nordstrom

Skirt, Jonathan
Simkhai, \$545,
jonathan simkhai.com

Top, Xinnatex
New York,
\$187, xinnatex.com

Earrings,
Hearts on Fire,
heartsonfire.com

STYLING: STUDIO D. STYLIST: SABRINA GRANDE. MADISON MCNAUL/BEAUTY.COM



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ANAÏS NIN, AUTHOR



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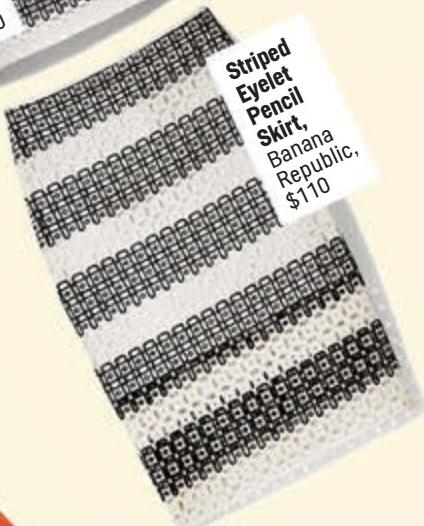
Explore the new collection at bananarepublic.com

BANANA REPUBLIC

MORE DAYS OF CHIC



Make this your most chic season ever with the help of **Marissa Webb**, Banana Republic's new Creative Director. This is her first collection and yes, it was worth the wait!



For more ways to make your week more chic, head to your nearest Banana Republic store or visit bananarepublic.com.

#thenewBR

Fun, Fearless Style

EIGHT DAYS OF CHIC

Up your #OOTD game in easy dresses and bold two-piece match-ups that thrill.

Dress, Rebecca Taylor, \$395, [rebeccataylorboutiques.com](#)

Shoes, Sam Edelman, \$180, [samedelman.com](#)

Dress, Elizabeth and James, \$375, [shopbj.com](#)

Top, \$36, skirt, \$40, [metaphor.com](#)

Dress, Alax W Diamond, \$475, [alaxwdiamond.com](#)

Top, \$220, skirt, \$198, [parker.com](#)

Clutch, Aldo, \$55, [aldo.com](#)

Bag, Express, \$49.99, [express.com](#)

Dress, Banana Republic, \$140, [banana-republic.com](#)

Top, \$79, skirt, \$79, [rachelroy.com](#)

Top, \$163, skirt, \$228, [BCBG MAXAZRIA, bcbg.com](#)

MODEL JOURDAN DUNN

Bag, Banana Republic, \$130, [banana-republic.com](#)



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Fun, Fearless

BEAUTY

Cotton
candy hues
are anything
but sweet.

EDITED BY LEAH WYAR

YOUR PASTEL PLAY- BOOK

Baby pinks and blues
may be basic on nails...
but the eyes? Fire! There
are just three things to
know before rocking
spring's soft-focus trend.

BY LAUREN BALSAMO

Fun, Fearless Beauty



YSL Dessin Du Regard Long-Lasting Eye Pencil in N. 9 Turquoise, \$30, yslbeautyus.com

1 Go Matchy Matchy

We swear that wearing the same shade all over is actually super-flattering. (The previous page is proof!) The key? Soft washes of color—a light dusting over the lids and lips will do the trick.

dab on a lightweight shadow primer first, says David Birdwell, Jane Cosmetics global director of creative artistry and education.

2 Make It Matte

A velvet finish intensifies softer hues, creating a statement. To avoid dry lids (a not-so-sexy side effect of matte textures),

Make robin's egg blue or mint green cool by adding black. Try spiky, jet-black lashes against a backdrop of pale shadow, or stack a thin pastel line above your usual inky liner.

Urban Decay
Eye Shadow in Flash, \$18, urbandecay.com

DEREK LAM

L'Oréal Paris
Infallible Eye Shadow in Infinite Sky, \$7.95, orealparisusa.com

ROCHAS

MAC Mia Moretti Who's the DJ Palette, \$40, maccosmetics.com

Make Up For Ever
Artist Shadow in #1-330, \$21, sephora.com

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RIMMELL
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GEORGIA MAY JAGGER wears Wonder'Lash mascara #001 Black, Scandaleyes Shadow Stick 011 Bluffing,
Exaggerate Waterproof Eye Definer #212 Rich Brown and Brow This Way Eyebrow Gel #004 Clear.



TOP IT OFF

Glittery matte top coat hides chips and gives a day's old mani a new look.

Orly Matte Glitter Flakie Top Coat in Green, \$10, orlybeauty.com

LASH BUZZ

Natural beeswax keeps lashes soft, never stiff.

CoverGirl Full Lash Bloom by LashBlast Mascara in Black, \$7, drugstores

MINT CONDITION

A cute cube plus addictive mint scent makes this the balm.

Softlips Cube in Fresh Mint, \$3.50, drugstores

WAVE LENGTH

The key to surfer-girl strands: Saturate hair with this sea-inspired spray, then scrunch.

Le Journo Travel Size Sea Salt Spray, \$10, nordstrom.com

IT'S EYE-LECTRIC

Easiest attention-getting tactic ever: Liven up lids with ultra-vibrant shadow.

L'Oréal Paris Eye Shadow Crayon by Infallible in Always Aqua, \$8, drugstores

BRUSH UP

Dip this into your favorite BB or CC cream and buff your way to an airbrushed finish.

EcoTools Skin Perfecting Brush, \$8, ecotools.com

\$10, TOPS!

Budget-friendly buys that make you look (and feel) like a million bucks

BY LAUREN BALSAMO

CLEAN-UP CREW

Cucumber and algae extracts remove makeup sans dryness.

MAC Sized To Go Green Gel Cleanser, \$10, maccosmetics.com

TEXTURED TIPS

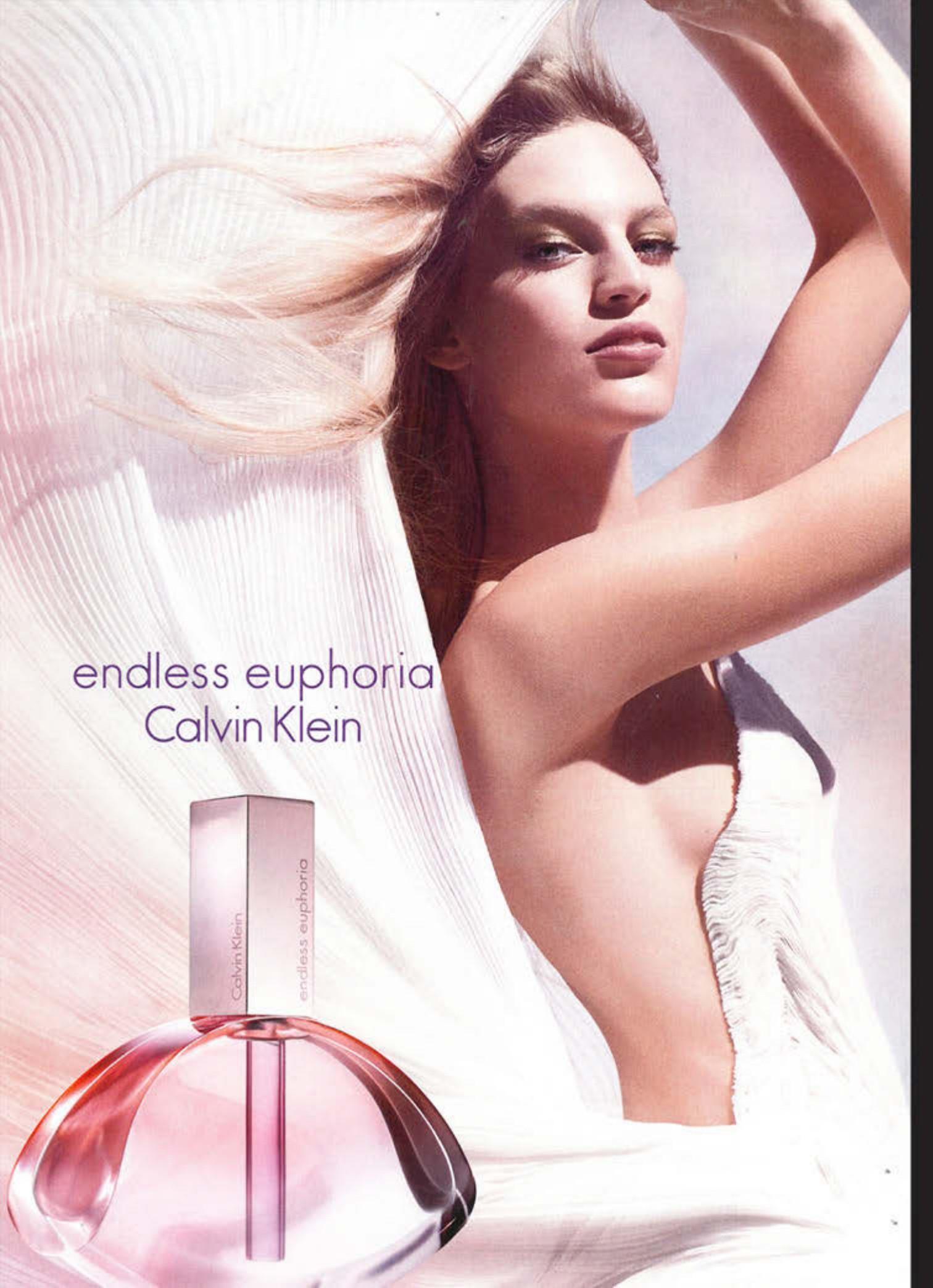
Nail the latest mani trend—blue suede!

Sally Hansen Velvet Texture Polish in Regal, \$10, drugstores

JUST DEW IT

Concealer's not the only way to fake awake. Gel lotion works wonders on tired, a.m.-after skin.

Olay Fresh Effects Hydrating Gel Moisturizer, \$3.50, drugstores



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calvinkleinbeauty.com
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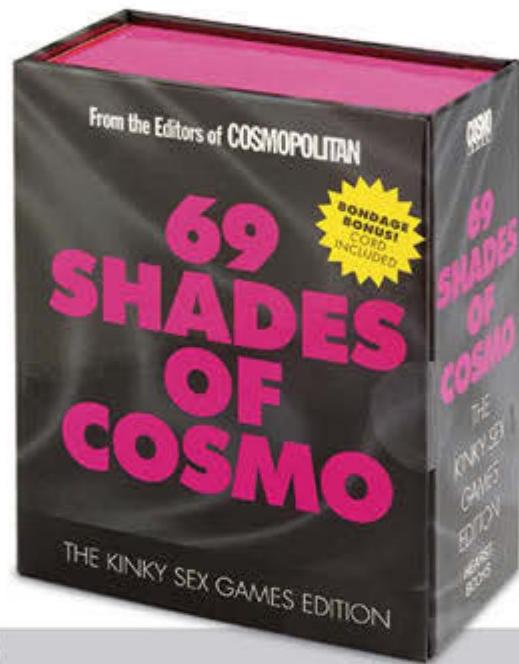


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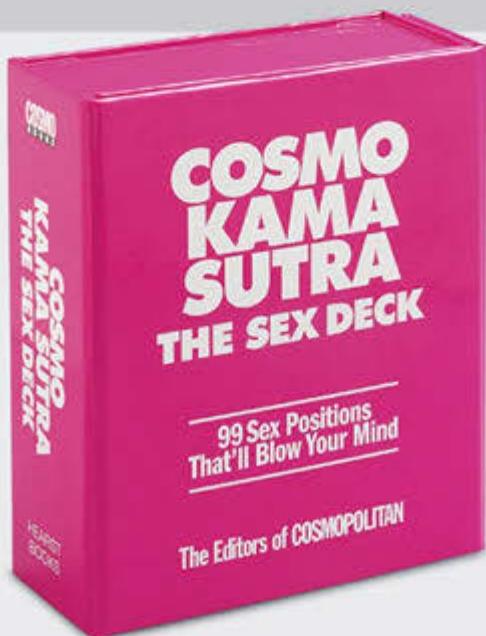
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THE SECRET BEHIND YOUR BREAKOUTS

PHILIP FRIEDMAN STUDIO/D. GARANCE DORE/TRUNK ARCHIVE.

Want a Zen complexion? The newest route to calm, clear skin blends Western science with Eastern wisdom. **BY GINA WAY**



CHILL STATE
Buff away
your acne
drama.
Clay Acne
Hater Deep
Scrub, \$6.99,
drugstores

Glytone
Acne Self-Foaming Cleanser, \$39, dermstore.com

REPEAT BREAKOUTS can seem like a mystery. In the search for answers, Western derms—armed with their prescription pads—are increasingly taking a holistic approach. "We're reading the skin for clues about what's going on inside the body," explains Ellen Marmur, MD, founder of Marmur Medical and associate clinical professor of dermatology at Mount Sinai Medical Center in NYC. This new age view is actually really old: Traditional Chinese medicine has been using the face as a diagnostic tool for centuries. "It's a science of observation, where parts of the face correspond to different internal organs, similar to foot reflexology," explains Lillian Pearl Bridges, author of *Face Reading in Chinese Medicine*. Our zone-focused guide reveals the internal and external reasons behind your breakouts.

Dr. Lin Skincare Acne Cleansing Wipes, \$8.99, Ulta



BREAKOUT ZONE

Forehead and Hairline

Inner trigger. This area connects to the digestive system, and breakouts here could suggest you're eating like a teenage boy. "Studies have found that milk products, processed foods, sugar, and carbs make acne worse," says Dr. Marmur.

How to deal. "Keep a food diary, and if you notice that you've been eating a lot of dairy or junk food, cut it out for a week and see if your blemishes improve," says Bridges.

Outer behavior. "Hair that rests on your skin is a prime pimple-maker because the silicones and oils in hair products clog the pores," says Cybele Fishman, MD, integrative dermatologist and assistant clinical professor of dermatology at Mount Sinai Medical Center in New York City.

How to deal. Each morning, give skin a fresh start with an antiacne cleanser (like Glytone's, above), and keep blotting papers on hand for midday greasies. At night, use a cleansing wipe with salicylic acid to decongest pores (try Dr. Lin's, left), and pin back bangs if you have them.

BREAKOUT ZONE

Around the Eyebrows

Inner trigger. These breakouts link to the liver and kidneys. "Drinking alcohol often and eating processed foods regularly can cause inflammation in the body that often shows up on the skin here," says Dr. Marmur.

How to deal. Time to detox, party girl. "Daily green juices with kale, spinach,

and cucumber help detoxify the liver and rehydrate the body, and drinking water with lemon flushes out impurities to clear the skin," says Bridges.

Outer behavior. Do you break out after getting your brows waxed, threaded, or tweezed? Ripping out those hairs can cause inflammatory acne.

How to deal. Use honey as a skin-calming spot treatment. "Raw manuka honey is naturally anti-inflammatory and antibacterial, and since it's a humectant, it's not drying," explains Dr. Fishman. Sounds weird, but it works. Leave it on for 15 minutes, then rinse.



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100% Raw
Manuka
Active 16+
Honey, \$39.99,
wedderspoon.com

A woman with blonde hair, Jennifer Aniston, is sitting on a light-colored wooden bench or bed frame. She is wearing a grey, long-sleeved robe. Her right hand is resting against her cheek, and her left hand is on her knee. She is looking directly at the camera with a slight smile. The background is a plain, light-colored wall.

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BREAKOUT ZONE

Cheeks

Inner trigger. This area relates to the lungs, so pimples here could be due to pollution or smoking. "Both increase oxidative stress, which exacerbates acne," says Dr. Fishman.

How to deal. Antioxidants help counteract the harmful free radicals that stir up inflammation, and a recent study showed that topical and oral antioxidants might actually help prevent breakouts. Apply an antioxidant serum every day (Juice Beauty's, below, has potent green and white teas), and try a zinc supplement—it's been shown to calm inflammation in the skin.

Outer behavior. Your makeup or skin care may be the prob. "Silicone and oil, even good-for-you ones like coconut, can plug pores," says Dr. Fishman. Another suspect: your bacteria-laden cell phone.

How to deal. Keep pores clear with oil-free, noncomedogenic products, never sleep in your makeup, and wipe that iPhone clean (or at least use earbuds).

Juice Beauty
Blemish Clearing Serum, \$29, juicebeauty.com



BREAKOUT ZONE

Jawline and Chin

Inner trigger. According to both Eastern and Western medicine, pimples here indicate out-of-whack hormones. "Premenstrual fluctuations in estrogen and testosterone activate acne eruptions," says Dr. Marmur.

How to deal. Talk to your MD about going on birth-control pills, which help regulate hormone levels. In lieu of this, Dr. Fishman often prescribes Spironolactone, a pill that blocks testosterone's effect on oil production.

Outer behavior. Do you always rest your chin in your hands? That bacteria transfers right onto your face. "And if you tend to pick at your skin, this inflames the area and makes pimples worse," says Dr. Marmur.

How to deal. Hands off! Put reminder Post-its on your computer or bathroom mirror if you have to. Another way to preempt spots: A week before your period, use a mild exfoliating cleanser (like Neutrogena's, above) every other night. As for those existing zits? Dab on a salicylic-acid spot treatment (try Clean & Clear's, above)—it roots out oil.



Neutrogena
Oil-Free Acne Wash Pink Foaming Scrub, \$6.99, drugstores

BREAKOUT ZONE

Nose

Inner trigger. In traditional Chinese medicine, the center of the face is associated with the heart. Any redness and blemishes here may be stress-related, says Dr. Marmur.

How to deal. Try stress-relievers like deep breathing, meditation, and yoga. And make sure to get enough rest and exercise to reduce excess cortisol and calm your skin.

Outer behavior. "Since there are a lot of oil glands on the nose, it's prime territory for acne," says Dr. Fishman.

How to deal. Salicylic-acid products are great for keeping grease at bay, but Dr. Fishman also recommends sulfur to cut oil and inflammation. Apply a sulfur mask (like Proactiv+'s, below) twice weekly to keep your T-zone clear.



OUR CHEAT SHEET FOR A CLEARER COMPLEXION

Skip
Cow's milk—including ice cream; derms say it can stimulate oil glands and exacerbate acne.

Swap
Yogurt (even made with cow's milk). The probiotics bring good bacteria to the digestive system, which can calm inflammation.

Skip
Sugary sodas, sweets, and cocktails; they raise blood sugar quickly, leading to increased oil production.

Swap
Antioxidant-rich fruits and berries (like oranges, grapefruit, and blueberries), green tea, and red wine all neutralize toxic free radicals.

Skip
High-glycemic carbs like pizza, white bread, and cookies; they elevate blood sugar and oil output.

Swap
Foods with skin-healthy nutrients like vitamin A (spinach, kale), Omega-3 (salmon, edamame), and zinc (almonds, brown rice).



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FAKE A SPRING BREAK

No plane ticket? No prob. Make your spring staycation feel like a sunny getaway with these vacay-minded tips.

BY DEANNA PAI

GET YOUR GLOW ON

Perk up your face with bronzer, and tone your bod with an instant self-tanner.

Jergens Natural Glow Instant Sun Sunless Tanning Mousse, \$15, drugstores

Physicians Formula Argan Wear Ultra-Nourishing Argan Oil Bronzer, \$15, drugstores



Cabana Cocktail

Instead of a boring piña colada, stir things up with a new riff on the tiki bar classic Blue Hawaiian—just add your own mini umbrella.

Sumthin' Blue

1½ oz. Blue Chair Bay White Rum

½ oz. Blue Curaçao

1 oz. white cranberry juice (or white grape juice)

Directions: Shake ingredients with ice in a cocktail shaker. Strain into a chilled martini glass—strawberry slice garnish, optional.



CRUISE CONTROL

Transport your toes with crystal blues inspired by the Gulf of Mexico.

Essie Nail Polish in Blossom Dandy (top) and Garden Variety, \$8.50 each, essie.com



INSTA-INK

Have a fun (faux) beauty moment with a glittery, temporary tat. #NoRegrets

Flash Tattoo, \$22, flashtat.com



MAKE YOUR POUT POP

A bright coral lip gloss will complement your golden glow (and hydrate lips).

Chanel Lèvres Scintillantes Glossimer in 192 Fleur d'Eau, \$29.50, chanel.com



SURFER STYLE

Nothing says "just back from spring break" like wavy hair and sun-kissed streaks.

L'Oréal Paris Summer Lights Gelée, \$7, drugstores

Suave Professionals Sea Mineral Infusion Texturizing Sea Salt Spray, \$5, drugstores



OCEAN POTION

A crisp floral scent with water notes reminds you of the sea, not sunscreen.

Balenciaga Paris L'Edition Mer, \$145, Neiman Marcus



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N7 Classic Tan

THE STORY BEHIND BLAKE'S SKIN
English, Irish, German, Cherokee
W3 Nude Beige

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INSIDE THE SECRET BOTOX SOCIETY

It marked one of the biggest revolutions in beauty, but few talk about it.

Nicole Catanese spills.

Model-perfect skin: Is it good genes, great skin care, or something else?

I CONSIDER MYSELF a pretty honest person, yet for the past five years, I have kept a secret from nearly everyone I know. I get Botox.

I started when I turned 30, with the intention of blurring the three distinct lines that ran clear across my forehead and the frown lines between my brows, both of which, unlike in my 20s, now remained etched on my face, even at rest. Initially, I didn't tell a soul. I felt embarrassed that I even had wrinkles at 30 and that my go-to face creams weren't cutting it and because all the girls in my crew seemed naturally line-free. (Or so I thought.) I looked at getting Botox like a secret experiment. The result: I loved how it made me look. My forehead was suddenly smooth, yet I could still move my brows like a

normal human. And although I saw a dramatic difference, no one else did. They never asked. I never told.

Now, five years later, getting Botox has become a staple in my beauty maintenance routine—something as essential as keeping my buttery highlights bright and never skipping a mani. Yet my trips to the doctor's office remain on the DL. Only a very select group of girlfriends are in the know. My family has no clue. And I have purposely kept it from my boyfriend-turned-fiancé. And I'm not alone. A few



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 Youtube.com/colgateopticwhite

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*For best results, use as directed for 4 weeks.

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years ago, Transform, a UK-based cosmetics company, released the results of a survey that found 72 percent of women keep nonsurgical cosmetic procedures such as Botox from their friends and family and half do the same with their S.O. Gervaise Gerstner, MD, an NYC dermatologist, even says some patients are so hush-hush about their Botox that they ask her office for help to hide the evidence. "Women will split the bill two or three different ways—credit card, cash, check," she says. "If they also came in for a mole checkup, we'll print out a sheet for their insurance and it won't have a whisper of Botox on it." And after surveying my 30-something NYC-based friends, I discovered the majority of them are on the secret Botox bandwagon too. Why? It seems everyone has their own reason for keeping their Botoxing to themselves.

THE REAL HOUSEWIVES FACTOR

For my fiancé, the B word conjures up visions of frozen facial features à la the *Real Housewives of Orange County*. He doesn't get that there's a difference between a smidge of the wrinkle fighter and pumping your face and lips to epic proportions with filler. Christine*, 36, has been doing covert Botox, keeping it from her boyfriend-turned-husband for nearly seven years even though most of her female friends and coworkers

know. She recalls the moment she knew he'd disapprove. "He had seen pictures of some overdone celebrities and said to me, 'Don't even think about doing that, it's disgusting,'" she says. These kinds of S.O. views are common. "Women know that they can't get them on board, so many female patients feel cornered into keeping a secret," says Meghan O'Brien, MD, a New York dermatologist.

THE "I WOKE UP LIKE THIS" ILLUSION

Some Botox-ers fear what the procedure portrays to others. "People want to present themselves as naturally beautiful and that they're the real thing—it's more attractive to others," says Eric Finzi, MD, PhD, author of *The Face of Emotion: How Botox Affects Moods and Relationships*.

Admitting to Botox suggests "that they are not beautiful solely from their genes and good health, and that's where the taboo is," he says. A part of me felt that by being so focused on a few lines, I seemed superficial and vain. Plus, sometimes it's not just about convincing others. By obscuring my lines, deep down I've been able to convince myself that the hands of time aren't ticking (a comforting thought) because, well, my skin bears no sign of it.

Thinking About Botox? Read This First

GET REAL ABOUT YOUR MOTIVATION

Why are you considering it? It should be because you're P.O.'d about a line on your own face—not because your BFF is line-free or a milestone birthday is looming. Give yourself 30 days to contemplate it, and then book a consultation.

MAKE SURE IT'S REALLY A WRINKLE

If it is, Botox can help. If it's texture or tone, lasers could be a better solution. Get a recommendation from your dermatologist or skin-care professional for the right in-office or at-home fix.

SO YOU WANT BOTOX?

Get a rec from someone whose results you like, and make sure the pro is board-certified. While some docs and even nurses can administer Botox, board-certified dermatologists and plastic surgeons are the way to go. Considering Botox lasts 4 to 6 months, it's worth it.

THE COMPETITIVE EDGE

"My younger patients get Botox because they want to look better than their friends," says Jessica Wu, MD, a Los Angeles dermatologist. You'd never know it though. Although those in this age-group often overshare on Twitter and Instagram, it doesn't apply when it comes to Botox. "If a friend had asked me, 'You look so young. What are you doing?' I wouldn't say 'Botox.' I'd say, 'I take really good care of my skin,'" says Daphne*, 31, who started Botoxing at 23.

But now that I've officially outed myself from the secret Botox society, I'm adopting

a different attitude about it. Botox makes me look good and feel good. There shouldn't be any shame in that. And to my S.O.: Honey, I'm sorry I didn't tell you sooner. ■

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BEAUTY STAR SECRET

"This collection is perfect for fine lines, dark circles and oily skin. A smooth base makes for a flawless finish."

Teni Panosian, MissMaven.com beauty blogger
and YouTube star/EcoTools Beauty Team Expert

A PERFECT MASH-UP

Upstage everyone at Coachella with MAC's colorful new collab with DJ Mia Moretti. Infused with the spirit of the famous music fest and its sunny Palm Springs locale, the collection includes a lip palette inspired by poolside lounging, burnished cheek colors reminiscent of the desert landscape, a dreamy tote and makeup bag, and Moretti's favorite onstage beauty essential: a vampy red lip color. "It's both glamorous and wearable—perfect for the festival circuit," she notes. Swipe it on and grab a flower crown!

MAC Mia Moretti
Lipstick in Maria
Moretti, \$16,
maccosmetics.com

♪ BONUS! ♪
Download the tablet
edition of this issue
to score an
exclusive playlist
curated by
DJ Mia Moretti.



HOLDING PATTERN

Do your braids become unraveled by noon? Get a grip with this styling lotion. Like a liquid dry shampoo, it adds a touch of texture, keeping your handiwork intact from desk to dinner. Bonus: For those with a layered cut, it prevents mid-braid flyaways from escaping.

Redken Braid Aid 03 Braiding Lotion, \$25,
redken.com for salons

SEXY BEAUTY ALL MONTH LONG



Mia Moretti



Nars Dual-Intensity Blush, \$45,
narscosmetics.com

MAKEUP MIXOLOGY

This pure pigment formula blends with any skin-care product—moisturizer, serum, sunscreen, even eye cream—for customizable coverage. So play mad scientist: Add one drop for a sheer tint, or bump it up to four when your skin needs more TLC.

Cover FX Custom Cover Drops, \$44, sephora.com

Huge shade range (24 total) to suit every skin tone.



DOUBLE IMPACT

Introducing the most versatile blush ever. Apply it dry for a vivid burst of color, or dampen your brush before dipping for a sheerer, more subtle finish. Option three: Channel your inner art student by wetting, then blending both shades for a cool, watercolor feel.

—DEANNA PAI

ANGEL

BEWARE OF ANGELS



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milanicosmetics.com



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The quarter-life skin crisis: You'll get through it!

THE SKINNY WHERE'D YOUR GLOW GO?

Notice something...*different* about your skin? It's not your imagination. It's your 20s. The changes can be subtle, but go back five years on your Facebook timeline and you'll see when the blahs began. Here's how to get your brilliance back.

BY COURTNEY DUNLOP

SHINE AGAIN

Translucency is likely your biggest issue, says Lieve Declercq, MD, vice president, basic science research, for Origins. Her research points to carbonylation (a process that can begin in your early 20s), which stiffens skin proteins, clouding up the surface, as the issue. The brand's new serum (left), made with exfoliating Canadian willow herb, sloughs these carbonyl proteins and prevents new ones from forming.



SMOOTH THE SURFACE

You see visible effects of UV damage 20 years after it occurs, says dermatologist Patricia Wexler, MD. So that burn from age 7 may show up at age 27—likely in the form of large pores (the sun zaps elasticity, which props up pore walls). Daily salicylic acid (in the gel above) will prevent clogs and whiteheads.



Shiseido
Ibuki Multi
Solution
Gel, \$38,
shiseido.
.com

PUT SOME BOUNCE BACK

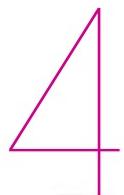
When it comes to your face, losing that "baby fat" may not be such a good thing. What's really disappearing: collagen and elastin, causing a loss of volume and slight drooping. According to dermatologist Carlos Charles, MD, retinol used at night can stimulate new production (try RoC Retinol Correxion Sensitive Night Cream, \$23, drugstores). Elizabeth Arden's new serum (above) fights slack skin with licorice extract. Most important, protect your assets. "Daily UV exposure causes collagen loss over time," says Dr. Charles. Simply wearing SPF every day can save face.



Elizabeth Arden
Flawless
Future Caplet
Serum, \$60,
elizabetharden.
.com

EVEN OUT SKIN TONE

Sun damage or hormonal birth control can cause visible blood vessels and up your chances of brown splotches (aka melasma) on the forehead, cheeks, and "mustache" line. Even if you're not on the Pill now, "once you've taken the hormones, you're prone to pigmentation for years after stopping it," says Dr. Wexler. To the rescue: SkinCeuticals' gel-serum (below), packed with niacinamide, a proven skin brightener.



SkinCeuticals
Metacell
Renewal B3,
\$110.
skinceuticals.
.com

SkinCeuticals
METACELL
RENEWAL B3
COMPREHENSIVE DAILY
EMULSION TO CORRECT EARLY
SYMPTOMS OF PHOTOAGING
FOR A RECLAMATED TONE AND
REFRESHED SURFACE
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HOT & HEALTHY

EDITED BY SARA AUSTIN
AND DANIELLE McNALLY

GRILLED CHEESE GROWS UP

Our healthy hacks make your go-to extra good *and* good for you.

—MARISSA GAINSBURG

1

START WITH SOURDOUGH

It won't spike your blood sugar like white bread will, preventing that 3 p.m. crash.

2

SLICE YOUR OWN CHEESE

Day-Glo American can had a time and place—in your lunch box when you were 8. Whole, natural cheeses have conjugated linoleic acid to help build muscle.

3

SPRAY, DON'T SPREAD

Spritz your pan with olive oil rather than butter. (The bread will still come out crispy.)

TURN PAGE FOR OUR RECIPES. →

**1
GOAT CHEESE,
TURKEY, AND
AVOCADO**

Spread 1 to 2 T goat cheese on bread, then top with $\frac{1}{4}$ sliced avocado and a few slices roasted turkey breast (ask at your deli counter for turkey cooked in-house). Spritz pan with olive oil spray, then grill sandwich over medium heat.



**2
CHEDDAR, PEAR,
AND ARUGULA**

Layer bread evenly with $\frac{1}{2}$ thinly sliced pear, $\frac{1}{2}$ cup arugula, and 2 thin slices white cheddar cheese. Spritz pan with olive oil spray, add sandwich, and let crisp over medium heat until cheese has melted.

**3
FETA, TOMATO,
AND CUCUMBER**

Cover bread with 2 slices cucumber, $\frac{1}{2}$ thinly sliced tomato, $\frac{1}{2}$ cup feta cheese, and $\frac{1}{2}$ cup fresh basil. Spritz pan with olive oil spray, grill sandwich until bread begins to brown, then flip.

BONUS POINTS
Make it open-faced and add veggies.

**4
MUENSTER,
GREENS, AND
GARLIC**

Sauté 1 to 2 cloves garlic in 1 t. olive oil over medium-low heat until golden. Scoop up garlic and smear over bread, add $\frac{1}{2}$ cup finely chopped spinach, then top with 2 thin slices Muenster cheese. Grill in leftover olive oil.

SOURCE: DAWN JACKSON BLATNER, RD, AUTHOR OF THE FLEXITARIAN DIET

She'll
tootally cut
back later....



PREF-GAMING? SKIP IT

You may think you're saving on cash and calories, but a study in *Alcoholism: Clinical and Experimental Research* shows that by sipping before you step out, you're likely to drink almost double what you would if you had arrived sober. If you must pre-party, keep your wits about you by reaching for a light beer or wine spritzer, and fuel up on a carb-y snack like dried fruit.

—MARISSA MILLER

SOURCES: CAROLINE ALLEN, A REGISTERED DIETICIAN IN MONTREAL; FLORIAN LABHART, RESEARCHER AT THE ADDICTION SWITZERLAND, RESEARCH INSTITUTE

Eat Local the Lazy Way

All the highlights from the farmers' market can now be dropped at your doorstep. Start-up GoodEggs

.com takes your order for fresh goodies—organic microgreens, vegan cashew cheese spread, plus your basic bread, meat, and dairy—and delivers it within two days. The service is an answer to both pricey CSAs that don't allow you to cherry-pick your faves and online grocers whose goods aren't always grown nearby. It's available in Los Angeles, Brooklyn, New Orleans, the Bay Area...and fingers crossed, more places this year.

—DANIELLE McNALLY



fig 1: Soba Noodle Bowl with Chicken
An exotic blend of ingredients
just waiting to be explored.

1: Soy-Miso Broth

2: Soba Noodles

3: Spinach



4: Chicken

5: Oversized Spoon

EAT ADVENTUROUSLY WITH OUR
NEW BROTH BOWLS



...THE HEEL

What It Means: Your stride is too long.

Why It Matters: Heel-striking with feet out in front sends extra shock waves up legs, leading to shin splints, hip and knee pain, or plantar fasciitis.

What to Do: Take shorter steps by quickening your cadence (how often each foot touches down).

...THE BIG TOE

What It Means: Your calves are extra tight!

Why It Matters: Ankle tendons overcompensate for stiff calves, lifting toes. You could lose a toenail (yikes).

What to Do: Stretch! Do one minute per side, three times daily and postexercise.

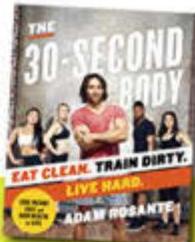
Sneakers, New Balance Minimus 20v4, \$99.95, newbalance.com

...THE INNER SOLE

What It Means: Your feet roll inward (aka overpronating).

Why It Matters: This can cause pain and problems in your ankles, knees, hips, and lower back.

What to Do: Try an OTC insole like Dr. Scholl's that will elevate your arch.



5-Minute Abs

Hell, yes, you have time to exercise, says CosmoBody trainer Adam Rosante, author of the new book *The 30-Second Body*. Do these moves at top speed for a minute each and see your six-pack by summer.

1. KNEES AND TOES

Run in place, tapping hands to opposite knees, then hands to opposite feet.

2. LOW PLANK KNEES

In forearm plank, lift hips as you drive right knee forward; return. Repeat on other side.

3. OBLIQUE HIGH KNEES

With hands at chest, sprint in place, twisting elbows to touch opposite knees.

4. TABLE SAWS

Sit with knees bent, feet flat, and hands behind you. Lift hips, kick left foot up and reach right hand to touch it; return. Repeat on other side.

5. TUCK JUMPS

With feet shoulder-width apart, squat, then jump up, drawing knees to chest.

—DANIELLE MCNALLY

READ YOUR KICKS

A little sole-searching can reveal a lot about your running style—and might save you from injury. Check your kicks for wear and tear at...

—OLIVIA SIMONE

SOURCE: KEVIN KIRBY, DPM, A PODIATRIST IN SACRAMENTO, AND HOUSTON-BASED PODIATRIST KIRK KOEPSELF, DPM



Don't Stay In on Drizzly Days

It's raining, it's pouring, you'd rather be snoring than running outside. But lower temps equal better workouts. No lightning? Go for it!

DRESS RIGHT

A waterproof jacket, thin socks, and a reflective hat keep you dry and visible. Wear only one earbud so you can hear what you can't see through the fog.

PREP SMART

Lay out dry clothes to change into afterward (if you're not showering immediately postrun) to keep your body temp up and out of sick-y territory.

HAVE FUN

Go at a slow pace so you can sidestep puddles and uneven terrain. Enjoy not worrying about time and embrace getting wet—channel a kid in a sprinkler.

—MARISSA GAINSBOURG

SOURCE: EMILY HARRISON, ASSISTANT RUNNING COACH AT MCMILLAN RUNNING COMPANY AND RUNNER FOR NIKE TRAIL TEAM

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ASK DR. ASHTON

Q Is egg freezing definitely safe?

A While there are some immediate risks—like hyperstimulation of the ovaries—symptoms are usually mild and easy to treat. Still, egg freezing, like IVF, can involve multiple attempts with repeated cycles of hormones, and we're not sure of the long-term consequences of that. The decision to freeze is a matter of risks versus benefits versus options—and it can be a great one in many scenarios.

SOURCE: JENNIFER ASHTON, MD, AN OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS



SEX FOR THE CURE

We all feel crappy at times. No need to ditch the deed—a few position tweaks can leave you feeling better, not worse.



FOR BACK PAIN, TRY...

Doggie-Style

If your back hurts when you touch your toes, support yourself on hands (not elbows) during doggie-style to neutralize your spine. Feel pain when you arch backward? Missionary will stop your spine from curling, easing aches.

FOR LEG CRAMPS, TRY...

Standing Up

Going vertical prevents overflexed legs—common in missionary—and locked knees, which can occur in cowgirl. For stability, lean against an object (say, a table) and have him enter from behind. It's like stretching... but better.

FOR STUFFY NOSE, TRY...

Girl-on-Top

Skip missionary—lying on your back traps chest and nasal congestion. Instead, try any girl-on-top position, which keeps passages clear. Bonus: Throw your head back to open your chest and lungs.

Watching your boobs for changes is SOP, yet you probably don't think twice about your bum. You should! Research predicts the incidence of colon and rectal cancers among 20- to 34-year-olds may rise by 90 and 124 percent, respectively, by 2030. Screenings are rare before age 50, but you may need one earlier if you have symptoms (bloody or tarlike poop, diarrhea or constipation, abdominal pain, or sudden weight loss). Same goes for family history, since the advanced, aggressive forms found in young patients may be genetic. Increasing obesity rates, poor diets, and physical inactivity are likely culprits; swap processed foods for wholesome ones and get moving!

SOURCE: DEBRA HERBENICK, ASSOCIATE PROFESSOR AT INDIANA UNIVERSITY, AUTHOR OF *THE COREGASM WORKOUT*; NATALIE SIDURKEWICZ, PHD CANDIDATE AT UNIVERSITY OF WATERLOO, FACULTY OF APPLIED HEALTH SCIENCES

THE CANCER THAT'S RISING...
90%
BY MARISSA GAINSBOURG

A photograph of three young women. The woman on the left is holding a black tablet and looking at it. The woman in the center is laughing and looking at the tablet. The woman on the right is looking directly at the camera. They are all dressed in casual, colorful clothing.

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IN DEFENSE OF CRUSHING ON YOUR TRAINER

I was totally obsessed with my cycling instructor—and it turned out to be one of the best relationships of my life.

BY MICHELLE RUIZ

My SoulCycle instructor stole my heart in our first class together. I clipped into the bike feeling like a stress case—my parents had split up, and while there was no bitter custody battle over me as a 32-year-old woman, three years later, I was still stuck in the middle. They couldn't help but vent to me about their fights and not-so-subtly recommend I choose a side. I was trying—and failing—to please them both.

Enter Nick Pratley, with his sexy Australian accent and sleek black pompadour. Midway through a slow, resistance-filled climb to Sia's tear-jerking "Breathe Me," Nick yelled passionately into his headset microphone: "Don't apologize to anyone for being who you are! They should apologize for trying to make *you* change."

I choked back a sob. It was as if Nick was speaking directly to me—I wasn't a little girl anymore, and I couldn't let my parents tell me what to do. They loved me



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**WE
GOT***



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fiercely, and I loved them back. But I had to live my own life.

After that magical class, Nick became my workout boyfriend. I signed up for his (and only his) classes. I tweeted my love for him for all the world (okay, my 2,500 followers) to see. I woke up before 9 a.m. on the weekends—something I do for no man—to get to his classes on time. And I lingered afterward to sweetly double-cheek kiss him good-bye. It wasn't romantic—both Nick and I have husbands—but it was serious fitness monogamy. I'd found "the one" who motivated me to come back week after week, who helped strengthen not only my core but also my spirit.

A good relationship is supposed to make you a better person, and this one did. Nick's classes made me calmer and more empowered, which helped me get a handle on my family stuff. Plus all the sweat (and occasional tears) was paying off—I was in better shape than ever. I was so happy with my abs, I was Googling crop tops.

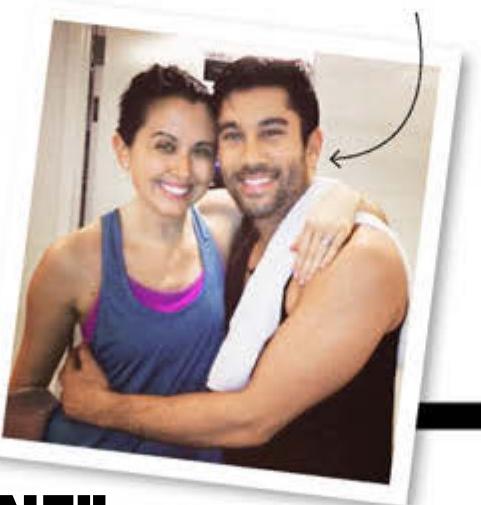
So imagine my horror when Nick broke up with me. Nine months after I discovered his class, he announced that he was moving to Beverly Hills to open a new SoulCycle studio. The timing couldn't have been worse. I was newly pregnant and freaking out about my life and body changing forever.

As with any ex, after he left, I stalked Nick's Facebook page. It hurt to see him shouting out his new class schedule in California. I was jealous of his new students. But I couldn't forget what I'd learned from him: SoulCycle made me feel sexier and more sane. He'd helped me get so far—mentally and physically—I couldn't give up now.

I rebounded with Danny (his rendition of "Hit Me Baby One More Time" during sprints was pretty cute) and Noa (the tattooed bad boy with a heart of gold). I continued cycling up until three weeks before giving birth and returned six weeks after my daughter was born. I felt happy and healthy the whole time. There will never be another Nick, but the motivation he inspired in me lives on, kind of like an epic love story.

Lucky for me, Nick comes back to New York a few times a year. We have awesome, sweaty reunions every single time. ■

Me + Nick:
Reunited and it
feels so good!



FIND "THE ONE" (AT THE GYM)

Bonding with a trainer produces better results, because you're more likely to show up for workouts and you'll push yourself harder while you're there. Here's how to find true love.

Introduce Yourself

Say "hi" before class and "thanks" after. Don't be intimidated by an eight-pack. Your instructor wants to meet you and cheer you on by name ("You can do it, Michelle, you sexy bitch!").

Share Your Goals

Prepping for a big event? Kickboxing your way through a breakup? Tell your teacher what your intentions are—she'll personalize her coaching to help you reach them.

Follow Her on Twitter...

...and Facebook and Instagram. You'll have easy access to her schedule, and inspirational posts—"The world is your goddamn oyster!"—will boost your motivation.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Do not take BOTOX® Cosmetic (onabotulinumtoxinA) if you: are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as *Myobloc*® (rimabotulinumtoxinB), *Dysport*® (abobotulinumtoxinA), or *Xeomin*® (incabotulinumtoxinA); have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions, such as amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX® Cosmetic.

Tell your doctor about all your medical conditions, including: plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® Cosmetic can harm your unborn baby); are breastfeeding or plan to breast-feed (it is not known if BOTOX® Cosmetic passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® Cosmetic in the past.**

Especially tell your doctor if you: have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin, such as *Myobloc*®, *Dysport*®, or *Xeomin*® in the past (be sure your doctor knows exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX® Cosmetic include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.

For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

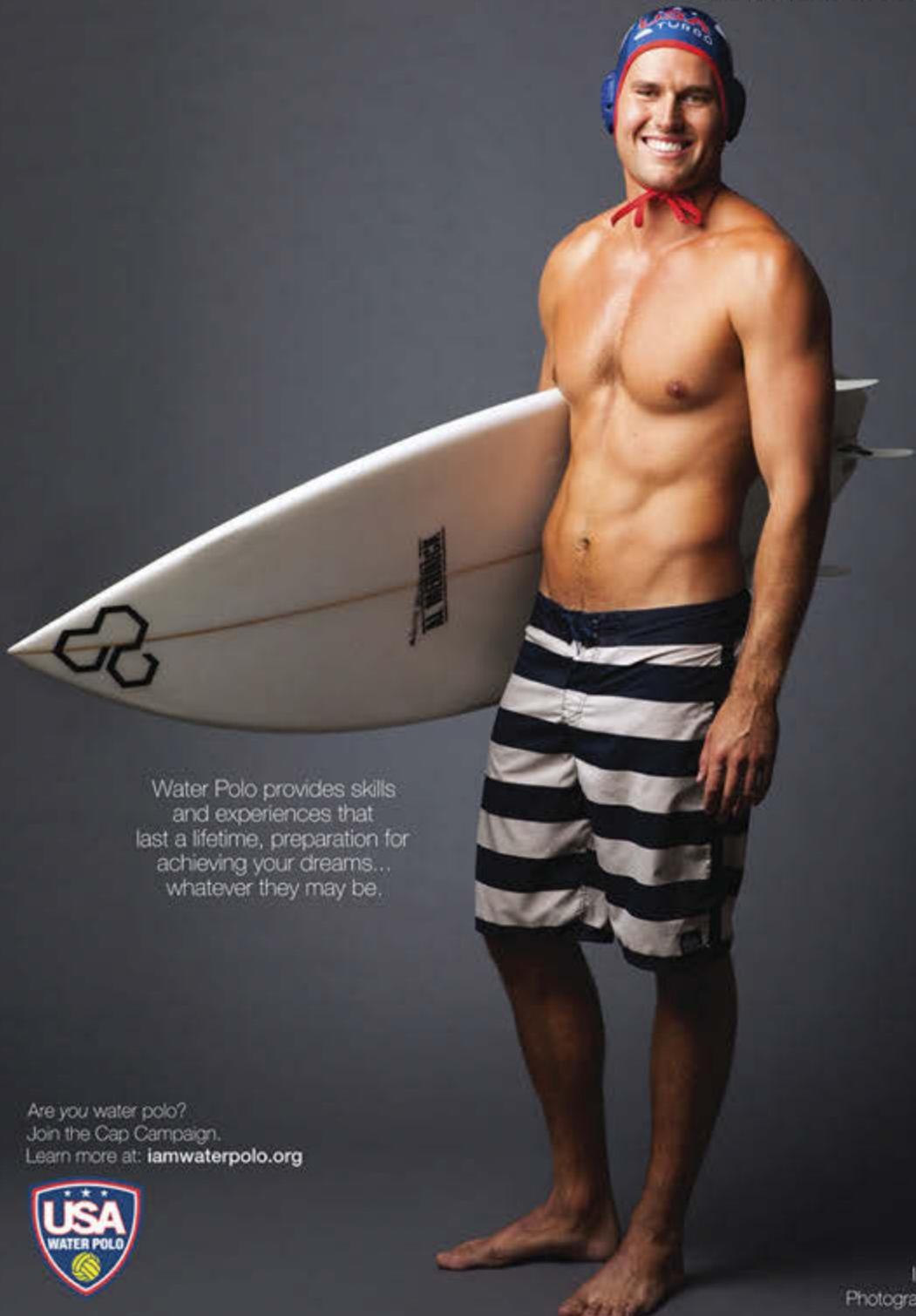
Please refer to Medication Guide on the following page.

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Image by Larsen&Talbert
Photographed at Milk Studios-LA

LOOK BETTER NAKED (AND HAVE MORE FUN!)

A stronger core, improved flexibility, and extra stamina make good sex great. Plus, your abs and ass will look insane. Do these moves from CosmoBody's Jennifer "JJ" Johnson, and enjoy the payoff tonight.

BY LIZ PLOSSER

PHOTOGRAPHED BY PERRY HAGOPIAN



GIRL-ON-TOP Get on all fours, wrists under shoulders and knees under hips. 1 Extend right leg behind you, pointing toe toward ceiling. 2 Pause, then bend right knee, bringing leg outside right elbow. That's one rep; do 10, then switch sides to complete set. Do three sets.

MORE ABS? Do this move from plank instead of all fours to increase the difficulty.



SEXY BRIDGE
Lie faceup with hands at sides, knees bent, and feet flat on the floor. Lift hips to make a line from knees to shoulders. Squeezing your abs and butt, pulse knees out and in. Do 30 pulses. That's one set; do three.

GO FREESTYLE Instead of pulsing horizontally, on the second set, take it vertical, thrusting your butt up a few inches and then down. You'll see results in your booty (perkier!) and abs (flatter!).

GET JJ'S GEAR!

LEFT: Bra, Calvin Klein Performance, \$24.98, Macy's. Tank, Samantha Eng, \$113, Rebecca Boutique, 404-816-7785. Pants, Solow, \$92, revolveclothing.com. Shoes, Nike, \$100, nike.com. **ABOVE:** Bra, VPL, \$85, vplnyc.com. Shorts, Hanro of Switzerland, \$49, Neiman Marcus





BOOTY-POP SQUAT

Stand with feet wider than shoulder-width apart, toes turned out, and arms extended at shoulder height in front of you, hands together. Bend knees to squat. Pop your butt to the right; pause, then pop it to the left. That's one rep; do 10. Then do three sets.

TRUST COSMO Kegels (when you squeeze your pelvic muscles like you're holding in pee) really can boost your pleasure—and his. Do a kegel with each booty pop.



COSMO BODY

TRAIN WITH JJ AT HOME!

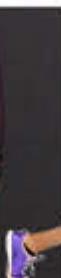
Whether you want better-sex routines, intense boot camps, or energizing yoga, our fitness channel has it all. Get a free 10-day trial at CosmoBody.com.



A LITTLE TO THE LEFT

Lie faceup on the floor with legs straight. Lift shoulders and legs a few inches off floor, then draw right leg toward chest. Grasp back of right leg with both hands, and turn head and shoulders to face it (like a bicycle crunch). Lower to meet left leg (don't let legs touch floor), and repeat on opposite side. That's one rep, do 10. Then do three sets.

REALITY CHECK JJ is one of the most flexible humans alive. It's okay if you can't go as far—stop when you feel your hamstrings engage but before they hurt.



GO-LONGER PLANK

Get into high-plank position. 1 Step right foot forward, outside right hand. 2 Slowly twist body to the right, and extend right arm and leg to point toward the ceiling. Hold for 30 seconds (or as long as possible), then return to lunge position, then to plank. Repeat on opposite side. That's one set; do three.

SET THE MOOD This workout demands a sexy playlist. Cosmo music and entertainment editor Sergio Kletnoy suggests cueing up Jessie Ware's *Tough Love* or Madonna's *Erotica* album.

Strong legs are super sexy.

Dear hair,
Hurry.
Love, Deanna

I Have Cancer

Photographed by Elizabeth Griffin

WHEN YOU'RE DIAGNOSED WITH A RARE CANCER AT 25, EVERYONE WANTS YOU TO SPOUT HAPPY THOUGHTS AND SING "KUMBAYAH." SCREW THAT. COSMO BEAUTY EDITOR DEANNA PAI IS PISSED OFF AND OWNING IT.

I like to hate-read

wrenching cancer-scare stories, about how someone found a lump—but it wasn't actually cancer, and the entire experience changed her forever! Now she eats kale salads and appreciates hummingbirds.

Meanwhile, I'm rummaging around my desk at work, sniffing out Twix bars like a truffle pig, when my doctor calls to tell me I have two tumors on my liver. The disease I thought was gone for good nearly two years ago is back. I flee to the office conference room, call my mom, and sob for about 15 minutes. Then I return to my to-do list. Okay. I have cancer. I need chemo. And I *really* need that Twix bar.

I have hepatoblastoma, a type of liver cancer (it has nothing to do with alcohol intake, although my mom side-eyes the two-liter bottle of Bombay Sapphire on my bar cart), and I am on my third of four rounds of chemo, which in total will take three months. Chemo, which blindly destroys cells and, ideally, kills the traitorous ones in the process, comes with a laundry list of side effects: infertility, nerve damage, heart failure, kidney failure, and even leukemia.

Yes, cancer treatment can give you cancer. Treating this disease with chemo is like playing Whack-A-Mole with death—you either die from the cancer now or, a few years down the road, kick it from one of chemo's side effects. My cancer doesn't cause any symptoms (besides, obviously, eventual death), but the chemo makes up for it. I feel like I haven't slept since November. I have so many aches and pains that I might as well take up shuffleboard and learn to play canasta.

But I want to wife up my boyfriend, Tim. I want kids. I want to see the northern lights. So I shut up, show up, hold out my arm, and let all four chemo drugs seep into me.

Sometimes, I am Good Cancer Patient. I joke with the nurses and share snacks. Other times, I sulk in silence. I'm mourning the loss of what I thought my whole life would look like, and in the stages of grief, I'm stuck on Anger. I feel like indignation will consume me, and I'll have turned into Gollum by the time this ends. I'm carrying this One Ring to Rule Them All by myself, and it's isolating.

Literally. Hepatoblastoma is the most common liver cancer in infants, but I

appear to be only the 46th adult ever diagnosed with it, and my doctor says I'm the first in whom it was caught in Stage I. I was feeling perfectly fine when my gyno first felt a lump during a routine exam in early 2013. I told her I'd wait for it to go away since I couldn't feel it myself, but she basically shoved me into the MRI machine, which showed that said lump was a liver tumor the size of a grapefruit. A few weeks later, I had surgery, and the doctors fully removed it. Chemo was optional, so I promptly turned it down.

The whole thing happened so quickly—cancer one day and gone the next—that I didn't feel like I'd legit "had cancer." But here I am now, a full-on bald, weak, bitchy little cancer patient.

Why is this happening to me?

Look, I'm not the patron saint of healthy habits. I can eat an entire burrata in a single sitting. I've never met an oatmeal-raisin cookie I didn't immediately lick to mark as my territory. But I also swam competitively for 12 years. I run! I brew six cups of green tea a day! Sometimes, I pop Brussels sprouts like candy right from the roasting pan while watching *The Mindy Project*. How am I the cancer patient? *How?* I need an explanation, but there is none. Researchers at Johns Hopkins just discovered that many cancers are, like mine, the work of plain bad luck.

I feel better in the waiting room at Memorial Sloan Kettering, NYC's famed cancer center, surrounded by

And It Sucks

What to Say to Your Cancer Friend

Some friends have been amazing, and we're closer for it. Others have been MIA, and they'll be seated at the kids' table at my wedding and wiping juice off their formal-wear. If you have a friend, relative, or coworker who gets sick, say something. Here's what I suggest.

DO SAY

"Wow. That sucks."
It does. A lot. Let's commiserate over cider!

DON'T SAY

"I'm sorry."
I never know how to reply and end up reassuring people my cancer is not their fault. Also, it's the number one way to bring down the vibe.

DO ASK

"Have I told you about the three guys I'm dating?"
I think about cancer 24/7. Distract me!

DON'T SAY

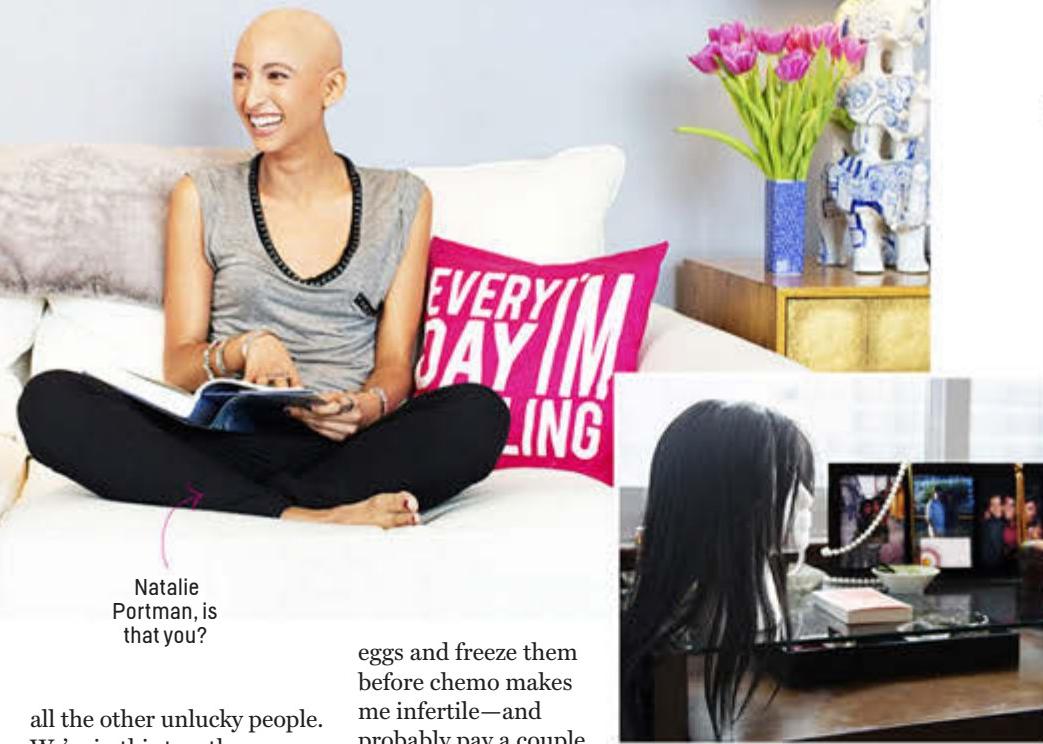
"My boyfriend's brother's cat's aunt has pancreatic cancer, so..."
Is this supposed to be comforting? Unless your boyfriend's brother's cat's aunt is actually a 25-year-old girl with hepatoblastoma, please refrain.

DON'T ASK

"What do you need?"
This is thoughtful but vague. I don't even know what I need, and I don't want to ask too much.
Your liver, I guess?

DO ASK

"Want me to drop off groceries?"
I'll never ask you for help with food, laundry, or taking me to Urgent Care—I feel like a burden.



all the other unlucky people. We're in this together, even if most are old and decrepit and have had the chance to live their lives. Then I step outside and see the people whose veins are whole, who have hair on their heads, who didn't spend the morning being stabbed repeatedly with giant needles. I hate and envy them all. But nothing pisses me off quite like a smoker. Really? You want to look like me? My best friend has smoked for 10 years, and I lose it when I spot her, cigarette in hand, before we meet for dinner. I resent her. I've smoked for zero years, and somehow I'm the one who has to stop to sit on some rando's stoop on my way to work because I can't breathe.

I've even started to resent my relatives, because literally no other person in my family has needed chemo. Is that horrible? It's totally horrible. But everyone else gets to go to drunk brunch and run 5Ks while I sit in bed and cry over my numb fingers. Everyone else gets to have sex and pop out babies the old-school way while I have to give myself shots in the leg so I can harvest some

eggs and freeze them before chemo makes me infertile—and probably pay a couple of thousand dollars to do so, because god forbid the priciest health insurance plan at work covers anything. Everyone gets to be normal, and I'm trying to find a discreet way to take off my wig in the restaurant because it's squeezing my brains out of my head.

And yes, I see you, total strangers gawking at my naked head. Have you never seen a scalp? Bruce Willis has been around since the dinosaurs. Avert your eyes—or alternately, tell me you loved *V for Vendetta*.

I get that people freak out, even friends. But if cancer makes you so uncomfortable that you can't send me a "Hi, how are you?" text, get over it. My cancer is very busy making me uncomfortable and cannot seem to pencil you in today. And please don't tell me to stay positive. Are you an oncologist? Do you have clinical results demonstrating the power of positive thinking to shrink tumors? No? You don't have an MD? Then leave me alone.

Stuart Scott, the late ESPN anchor who had

cancer for seven years, said, "You beat cancer by how you live, why you live, and in the manner in which you live." I hope this isn't true, or else I am definitely losing. I am not carpe diem-ing. I am up to no good. I watch Netflix all day and try not to spill milk in my bed while I eat bowl after bowl of Special K. Sometimes, I only answer the phone for Tim, just to ask again if he'll pull *A Walk to Remember* if it comes to that. ("It won't," he always says. "And, sweetie, that is a terrible movie.")

I am not "surviving" cancer or "battling" cancer or going on some dumbass "cancer journey." My life is just paused. I'm not living at all right now, because a life in which I'm tethered to an IV machine for 10 hours at a time is not mine. It belongs to cancer. I'm in a cancer prison, and I am chemo's bitch.

There's a silver lining, small but beautiful: After sitting with me in a windowless room for three hours while I had a carcinogen pumped into my body, my best friend quit smoking.

Diana is wearing Florence and Austria is wearing Venice. © 2015 Milani®, Milani is a registered trademark of the New Milani Group, Inc. All rights reserved.



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LET'S
TALK
ABOUT
SEX

Edited by
LAURA BROUNSTEIN

Illustration by
SAAD MOOSAJEE

WE WERE CURIOUS. DO MEN AND WOMEN AGREE ON THE BASICS OF WHAT'S OKAY AND WHAT'S NOT OKAY WHEN IT COMES TO HOW WE RELATE TO ONE ANOTHER IN PUBLIC AND IN PRIVATE? WHAT DO WE AGREE ON AND WHAT DO WE PERCEIVE TOTALLY DIFFERENTLY? TO FIND OUT, WE PARTNERED WITH *ESQUIRE* (AND THE STAT GURUS AT SURVEYMONKEY) TO ASK 2,000 MEN AND WOMEN WHAT THEY THINK ABOUT EVERYTHING FROM SEX ON THE FIRST DATE TO THE DANGERS OF SEXUAL ASSAULT. THE GOOD NEWS: FOR THE MOST PART, WE INTERPRET THE SEXUALITY RORSCHACH SIMILARLY, BUT IN SOME SITUATIONS, THE MALE PERSPECTIVE WILL HAVE YOU SHAKING YOUR HEAD...OR STARTING A CONVERSATION.

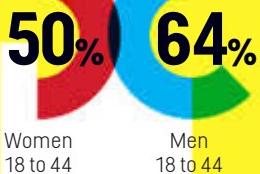
DATING

SHOCKER ALERT

Men are more likely than women are to think a first or second date will lead to sex.

If you make out at the bar during a first or second date and then go home together, does that mean you're having sex?

YES



If you're over 18, how soon after meeting someone new is it appropriate to have sex?

7%

OF WOMEN SAID DATE ONE, TWO, OR THREE.

18%

OF MEN SAID DATE ONE, TWO, OR THREE.

37% OF WOMEN SAID "OTHER" AND FILLED IN AN ANSWER THAT WAS USUALLY A VARIATION OF "WHENEVER BOTH PARTIES ARE READY." HOLLER. ONLY 27% OF MEN SAID THE SAME.

When the issue is whether sex is consensual, the difference for men and women seems to be whether or not both parties are drunk.

You're both drunk, you agree to have sex, and one of you regrets it the next day.

Did a sexual assault occur?

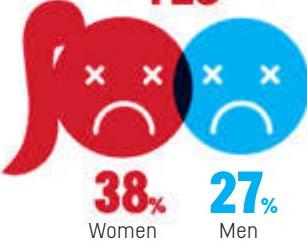
NO



80% Women **85%** Men

Only one of you is drunk; you both expressed interest when you were sober. Was that rape?

YES



If interest was only expressed when drunk, those numbers go up to...

46% Women **38%** Men

18 to 44

JUST DO IT!



WHO SHOULD MAKE THE FIRST MOVE DURING SEX?

WHO CARES

93%
Women

88%
Men

EVERYONE WANTS HIM TO HOLD THE DOOR

IS IT CHIVALROUS OR SEXIST WHEN A GUY HOLDS THE DOOR OPEN FOR YOU?

97%

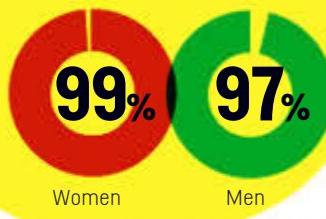
OF MEN AND WOMEN SAY CHIVALROUS.

BELIEVING THE VICTIM

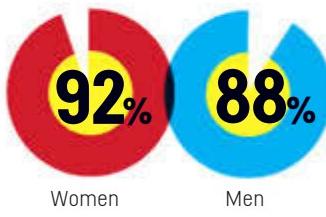
DEFINING RAPE

We agree, for the most part, on what rape is. Which of the following constitutes rape?

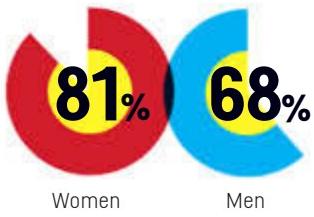
Forcible vaginal or anal penetration



Forcible oral sex



Anal intercourse introduced during vaginal intercourse without consent



The CDC estimates that 1 in 5 women is a victim of rape. Sadly, that number was even higher in our study.

27%
OF WOMEN SAID THEY'D BEEN FORCED TO HAVE SEX.

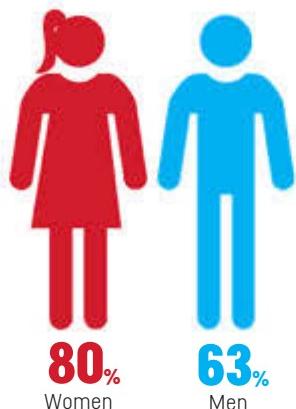
6%
OF MEN SAID THAT.

52% OF MEN ARE SURPRISED BY HOW HIGH THAT STATISTIC IS. ONLY 31% OF WOMEN ARE.

Maybe that explains why men and women have a different perception of how big an issue it is.

How serious an issue is sexual assault?

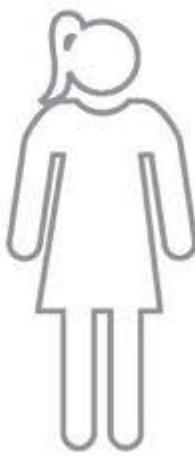
EXTREMELY/ VERY SERIOUS



ARE YOU
WATCHING
THE SAME
TV?

IS POP CULTURE
DEMEANING
TO WOMEN?

YES



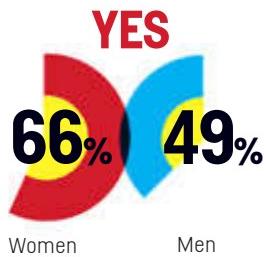
82% OF WOMEN OVERALL AND 68% OF MEN OVERALL*

*91% OF WOMEN 18 TO 29

We all agree that false claims of rape are not common. Two-thirds of both men and women responded that it happens but infrequently.

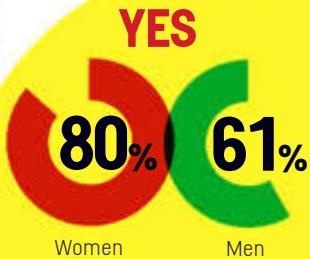
But here's where it gets weird. When we asked:

Should a woman who accuses a man of rape or sexual assault be presumed to be telling the truth?



In turn, fewer men expect to be believed.

If you accused someone of rape, do you think you'd be believed?



Many people who have been assaulted don't tell anyone.

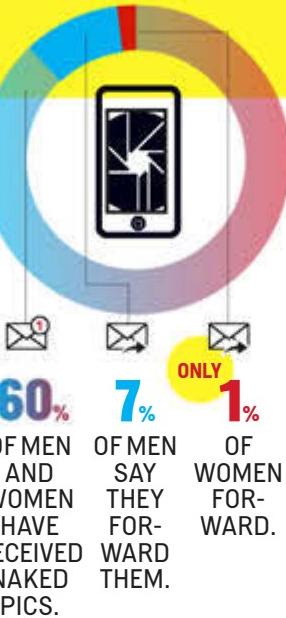
43% OF MEN AND 37% OF WOMEN TOLD NO ONE.

MEN VS. WOMEN: HOW TO MAKE IT BETTER

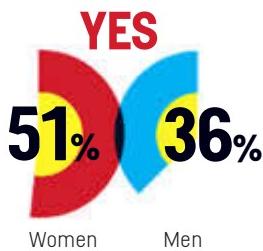
Our big takeaway from all this research? Experience informs perception. When people see something for themselves or hear about it from a close friend, they're more sensitive to it. More women than men report being sexually assaulted, thus more women know how serious an issue sexual assault is. Then it's troubling but not shocking that more women than men think a woman who accuses a man of sexual assault or rape should be believed. Translation? If you live someplace it doesn't snow, you're not really going to relate when someone says they got caught in a blizzard; you don't have any frame of reference. So how do we bridge this gap? We talk about it. When we asked, have you ever talked to members of the opposite sex about issues relating to sexual violence, 63 percent of women and 54 percent of men said that they had and it was productive, interesting, and informative. So talk to your guy friends and boyfriends about this story. And when something troubling happens in the news, discuss it with them then too. The only way to enhance our common understanding of issues both serious and funny is to share our experiences and emotions with one another. ■

SELFIE SENDING

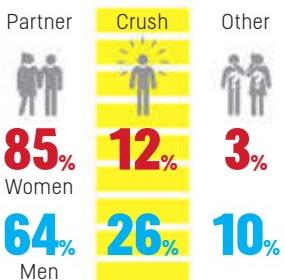
You like sending them; they like getting them...and then word to the wise, they like forwarding them.*



Have you sent a naked selfie?



Also, when asked, who did you send that naked selfie to?



* Survey respondents ages 18 to 29

HOW TO MAKE A GUY SMILE...

A STRANGER OF THE OPPOSITE SEX YELLS "HEY SEXY!" AT YOU. YOU FEEL...

COMPLIMENTED



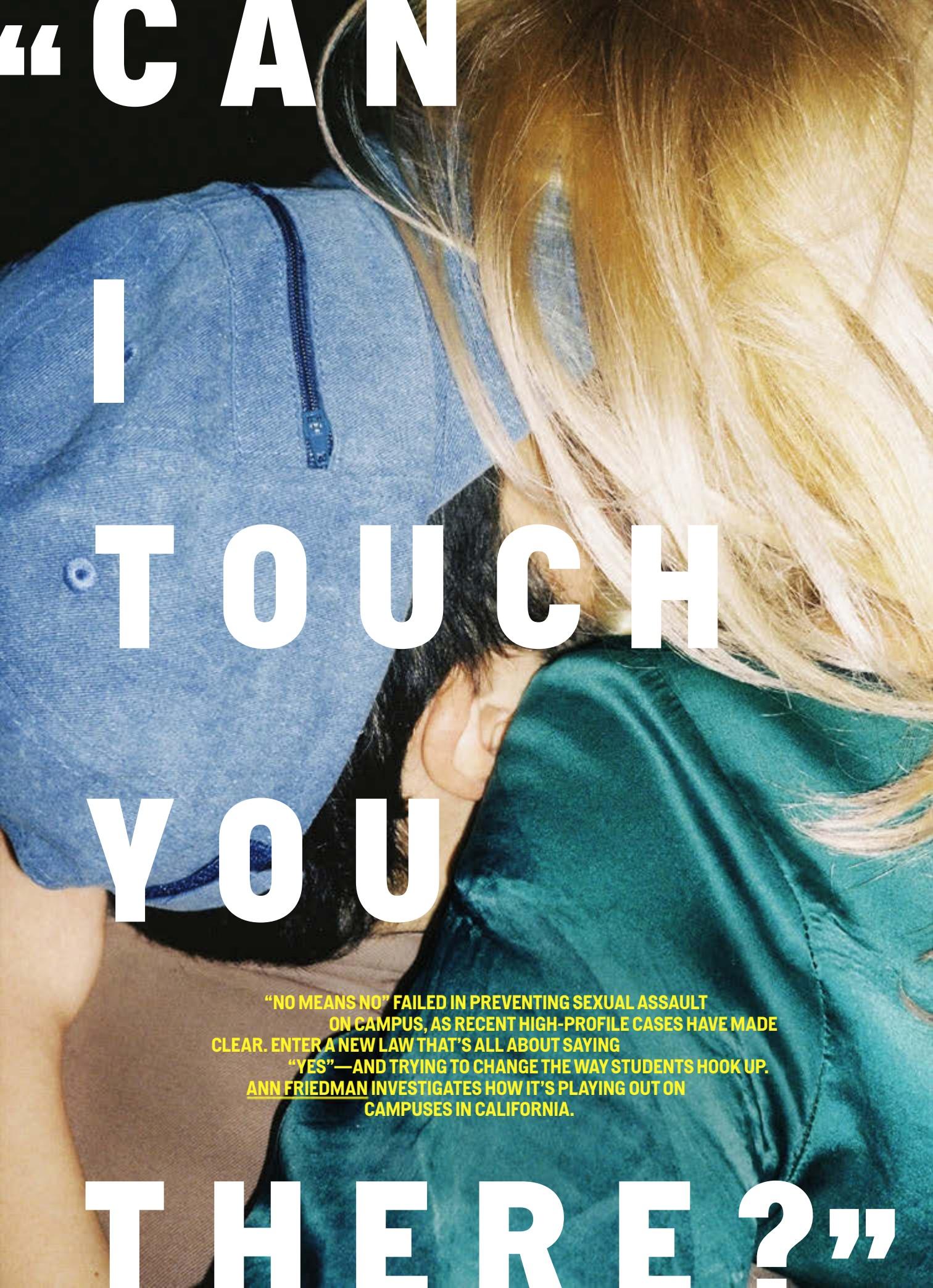
12% Women
30% Men

GUYS HAVE LESS SEX?

MOST MEN AND WOMEN HAD ONE SEXUAL PARTNER IN THE LAST YEAR.

32%
OF MEN 18 TO 29 HAD NO SEXUAL PARTNERS.
ONLY 19% OF WOMEN 18 TO 29 SAID THAT.

"CAN I TOUCH YOU



"NO MEANS NO" FAILED IN PREVENTING SEXUAL ASSAULT
ON CAMPUS, AS RECENT HIGH-PROFILE CASES HAVE MADE
CLEAR. ENTER A NEW LAW THAT'S ALL ABOUT SAYING
"YES"—AND TRYING TO CHANGE THE WAY STUDENTS HOOK UP.
ANN FRIEDMAN INVESTIGATES HOW IT'S PLAYING OUT ON
CAMPUSES IN CALIFORNIA.

THERE?"

"I HOPE YOU'RE GOOD AT BEER PONG," says my Uber driver when I tell him I'm headed to Del Playa, a beachside strip of student housing in Isla Vista, California—home to the University of California at Santa Barbara. It's Saturday night, and I've come to one of the top-five party schools in America to talk to students about sex.

California recently passed a controversial bill, sometimes called the "yes means yes" law, that makes affirmative consent the standard for student sex. It means that colleges whose students receive state financial aid—pretty much all higher-ed institutions in the state—will have to amend their code of conduct so that for sex to be considered consensual, both parties have to indicate an unambiguous yes. Consent could be anything from answering "definitely" when someone asks "Can I touch you there?" to saying "I am so into this." But the meaning must be crystal clear: When students hook up, they have to be sure that their partner is into it too. Because if a student accuses another student of raping her, the school's disciplinary board and campus police won't ask whether she said no or whether she was drunk or whether she had previously had sex with the guy. They will ask whether they both said yes.

As soon as the bill was signed into law in September, controversy erupted. Critics say the government is pushing its way into students' bedrooms. Advocates for survivors of sexual assault say it's just common sense—a way of undoing decades of misconceptions that rape is only rape if a victim tries to fight back or never stops screaming "no." And somewhere in between are thousands of California college students at places like UC at Santa Barbara, Stanford, and UC at Berkeley who are still going out and drinking and dancing and, yeah, hooking up.

"When I came here, I felt like people were pretty educated on sexual consent, even guys,"

says Emily, a freshman at UCLA. "That being said, at a frat party, a lot of that flies out the window." It's a long way from the halls of the state legislature to the dorm rooms of student housing. But with universities across the country reevaluating their sexual-assault policies, California could be the future of consent. I set out to find out what—if anything—has changed for students since the governor declared that only "yes" means yes....

WHICH IS WHY I'M IN ISLA VISTA. A mix of men and women have gathered at a friend's apartment to pregame. Most of them go to UCSB; some go to Santa Barbara City College. They're doing shots of berry-flavored vodka and sipping Fresca chasers from red plastic cups, dancing, touching up their makeup. A Tyga song is blaring: "And when I get that ho, I'mma hit that ho."

I ask a few students if they've heard of the "yes means yes" law that took effect at the start of this semester. There are some tentative nods—a few have heard of it in the news. Most of them went through orientation before the new law clarified what it means to give consent.

In the months since the law has passed, Katie, a senior at UCSB, says she has heard people—mostly men—worrying that it will lead to more false rape accusations. But "look at actual rape cases. They don't get prosecuted," she says. "False accusations really don't get prosecuted."

According to national statistics, false accusations aren't very common. But critics say this law makes it harder for men to defend themselves against rape charges. And noted victim's rights attorney Gloria Allred says they're right. "The essence of this is, who has the burden of proof? It's the accused who better be sure he understands that she is consenting." Whereas before it was on victims to say no and fight back, the new law says both parties have to make sure the other has consented to it.

Talking to students, though, it seems a bit more complicated.

Matt Togni, a senior at UCSB and a sex columnist for the campus paper, says he totally supports the law, even if its boundaries are not always clear. Togni is gay, and once he was so drunk, he didn't realize he was hooking up with a guy. When he did, "I immediately got up and left," he says. By the new law's definition, the encounter wasn't consensual. But Togni didn't consider it assault and chose not to report it.

"If you're saying 'stop,' and they keep doing it, that's when I feel like it's rape," says Amanda, a junior. I explain that, actually, according to the law, you don't have to say "stop" for it to be considered rape. That's kind of the point. Many survivors say they were scared they'd be hurt more violently if they fought back. The new law is designed with them in mind.



Everyone gets up to do another round of shots, and I talk to Aliyah and Charles, a couple who've been together four years. I ask them if they've ever worried their partner is too drunk to say yes to sex. "We just had a threesome with a girl," Aliyah says. "She was kind of drunk, but I asked her 10 times over, 'Is this okay?'"

"Can she give consent when she's drunk?" Charles asks. They stare at me expectantly. I tell them that, essentially, the law says if you're "incapacitated," you're too drunk to consent to sex.

"Wow. That's pretty much all hookups ever," says Charles. "She couldn't have driven home."

"It seemed like everyone had a fun time," says Aliyah. "We were concerned because it's new territory for us. But she was super enthusiastic."

We're interrupted because people are taking group selfies. "Hashtag it *consent!*" someone shouts, and they all laugh. They do another round of shots before heading out the door so the real partying can begin.

NOT ALL STUDENTS ARE SO CONFUSED about the definition of *consent*. To clear up some of these questions, I meet Savannah Badalich and Chrissy Keenan on campus at UCLA, near the iconic Bruin Bear statue. They're part of a UCLA group called 7,000 in Solidarity, which is part of the Undergraduate Student Wellness Commission and named for the number of UC students who, based on national statistics, the group estimates will experience some form of sexual violence during the course of their lifetime. Badalich, now a senior, started working on this issue after she was sexually assaulted her sophomore year.

"There was alcohol involved," she says. "I had been sleeping, and when I woke up to it, I said no, no, no, and finally stopped saying anything at all because he wasn't listening." She never reported the incident because her attacker was well-respected on campus and she thought no one would believe her. "I got into a deep depression," Badalich says, and she attempted suicide. After she recovered, she says she realized she had to work on this issue to help others like her.

Sexual assault is a frighteningly common experience: 1 in 5 women is sexually assaulted (defined as both rape and other forms of sexual assault, such as forced kissing and unwanted groping—acts that are crimes) while in college, and only 13 percent report it to the police, according to a study of two large public universities funded by the National Institute of Justice. For those women, and for herself, Badalich used her post as the Undergraduate Student Wellness Commissioner (a paid position that's part of student government) to form 7,000 in Solidarity.

"In my case, I said no, and then stopped saying anything," Badalich says. "In certain schools' hearing courts, that can be used against a survivor. Silence can be too." But not on California campuses. Not anymore. The group spearheaded an effort to change UCLA's definition of *consent* as it appears in the student conduct code. As it's now defined in four explicit paragraphs, consent is voluntary and expressed in an unambiguous way, either with words or actions. It can be revoked, so if you're comfortable with kissing but not with, say, oral sex, you can say no at any point and your partner must stop. And being in a relationship with someone or having a past sexual history does not imply consent either.

In March 2014, the UC Board of Regents mandated the new definition of *consent* on every University of California campus. That was before California passed its law, which is still so new that there is no data yet on how it has affected the number of sexual-assault reports statewide. But UCLA already does have some data: There has been an increase in both the number of rapes reported to UCLA police and the number of students who sought counseling services for sexual assault since the campus changed its consent policy. The counseling center saw a 24 percent increase in the number of students who reported having experienced a sexual assault from the 2012-2013 school year to the 2013-2014 school year (the new definition of *consent* went into effect midway through the latter year). And preliminary figures from UCLA's police department show 23 rape reports in the calendar year 2014, up from 20 in 2013.

"It doesn't necessarily mean there are more assaults—it means more students are reporting, which is a good thing," says Dianne Klein, a spokesperson for the University of California. It

might also mean, Badalich suggests, that when consent is something that everyone is talking about, it's easier for survivors to seek help and come out to their friends, even if they don't want to press charges. Still, it's slow progress. "Changing the culture is never easy," Klein says.

An important step, according to the new law, is updating new-student orientation, when hundreds of freshmen and transfer students sit in a room together and learn about what is and isn't acceptable on campus. The sex-ed portion used to be awkward, says Keenan, a junior who was sexually assaulted in high school and now works with 7,000 in Solidarity. She remembers her orientation leaders rattling off depressing statistics about rape, then offering scenarios and asking students to raise their hands if the details sounded like assault. Most students laughed it off, she says. "I had to get up and leave."

Since the new law passed, every college in the state is supposed to explain to students that you don't have to scream "no!" or fight back for it to be considered rape. And that it's important to make your desires known. State Senator Kevin de León, who pushed the "yes means yes" bill through the legislature, has said that the goal is to "create an environment that's healthy, that's conducive for all students, not just for women but for young men as well." In other words, the law is supposed to make students comfortable talking about what they want and coming forward if someone fails to respect their wishes.



THE UPDATED ORIENTATION PROGRAM also tells students that it's their responsibility to take action if they see someone taking advantage of someone else. "One piece we've added has to do with bystander intervention," says Roxanne Neal, director of New Student and Transition Programs at UCLA. "How can I help if I'm not directly involved with this? That's new." At the end, the orientation session at UCLA breaks into discussion groups—nine students and an adviser—where students can ask the sorts of questions that the partygoers I met in Isla Vista asked. Neal says, "Students ask, 'What if I was drunk too?' I tend to use a parallel. If a student is drunk and walking across the street and they're hit by somebody drunk behind the wheel, the person who's initiating that act, who's driving, is responsible. When I put it in that context, I think they get it."

And if their partner doesn't stop, colleges are required to inform students of their options: They can go to campus police to file an assault report or to the dean of students or to student legal services, and they can also just get confidential counseling. Allred says this is an important point about the new law: "It is a college's duty to inform a survivor of the option of going to law enforcement. But a victim is not required to file a police report; a victim is not required to seek prosecution." Even if they don't, at least they'll know that they have several different options.

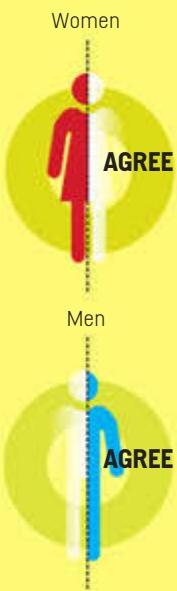
"This is a wake-up call to young men on campus. They're really going to have to be sure that the person they want to have as a sexual partner has consented," says Allred. Some guys say they're pretty confident that the sex they're having is consensual. "You definitely think about it in the moment," says Dean, a first-year student at Santa Barbara City College. "In most cases, you can tell when someone's not interested in you."

Other guys are asking for consent directly. "I've had a guy say, 'Hey, are you okay with this?' and I was taken aback, because a lot of guys don't explicitly verbally ask you," says Leah, a UCLA freshman. "This guy did and I appreciated it. It didn't ruin the mood in the slightest."

Nicole, a UCLA freshman, says at orientation, "They make this stuff seem very formal, like someone would ask you very straightforwardly. I've never been in a situation like that." But activists like Badalich hope that, in addition to making things easier on sexual-assault victims, all these campus conversations about consent will make it easier for all students to talk about what they do and don't want in bed.

"Freshman year we were like, 'I guess it was my fault. I never really said no, so you can't get mad at him,'" says Morgan, a senior at UCLA. "Now we're a lot more aware that unless we're saying we want to do this, then it's not okay for it to happen. You start to realize that you have a voice."

WILL "YES MEANS YES" WORK?



THE JURY'S OUT:
WHILE ABOUT HALF OF WOMEN AND A LITTLE LESS THAN HALF OF MEN THINK AFFIRMATIVE-CONSENT LAWS LIKE "YES MEANS YES" ARE VALUABLE AND NECESSARY TO PROTECT WOMEN, ONLY HALF OF MEN AND WOMEN THINK REQUIRING SOMEONE TO GIVE AFFIRMATIVE CONSENT BEFORE SEX IS REALISTIC.

SOURCE: A COSMO/ESQUIRE SURVEY OF 2,000 WOMEN AND MEN ACROSS THE COUNTRY IN PARTNERSHIP WITH SURVEYMONKEY

Have you heard about the White House's **It's On Us** campaign to end sexual assault on campus? Check out ItsOnUs.org to learn more and take the pledge.

COSMO WANTS YOU!

Are you totally loving your digital edition of Cosmo? Is there anything you don't like or want to see more of? Now's your chance to tell us how you feel. Take the survey—it's quick and easy, we promise!

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WHAT'S

SEXY

april

FOR

SHED THOSE WINTER LAYERS AND REMIND EVERYONE WHAT THEY'VE
BEEN MISSING IN CURVE-HUGGING DENIM, FRESH UPDATES ON
BEAUTY CLASSICS, AND ACCESSORIES MORE FUN THAN ANY SPRING BREAK.

Shirt, Equipment. Shorts, American Eagle Outfitters. Belt, Linea Pelle. Necklace, Beaufile. Bracelets (on left hand), Jennifer Fisher; (on right hand, worn throughout), Hilary's own Cartier. Rings (on left pointer finger), Lady Grey; (on left middle finger and right hand), Selin Kent

ERIC RAY DAVIDSON: FASHION EDITOR: JAMES WORTHINGTON: DEVOLET HAIR: CHRIS MC MILLAN: FOR LIVING PROOF!
SOLDIERISTS.COM: MAKEUP: ERIC POLITO: ART DEPARTMENT: JULIE KANDA: ECAT PAINT BOX USING CHANEL VERNIS. PROP STYLIST: BEDMARK STUDIO. SEE PAGE 210 FOR SHOPPING INFORMATION.

Vote for Hilary

BY KATE WILLIAMS

AFTER A LONG BREAK AND A BREAKUP, HILARY DUFF IS BACK ON TELEVISION, MAKING MUSIC, AND BRINGING THE CALM, COOL, AND COLLECTED TO A WORLD OF NEVER-ENDING CELEBRITY ANTICS. CAN SHE SAVE HOLLYWOOD?



“LET ME JUST STUFF MY PHONE IN MY BRA, AND WE’RE READY!”

Hilary Duff says, adjusting her boobs. iPhone secure, she leads me out of her Beverly Hills home into its backyard and through a secret gate that opens directly into a park, the starting point of our hike.

Duff is on the move. It's been a decade since her hit Disney series *Lizzie McGuire* wrapped. On March 31, she returns to your

regularly scheduled programming in TV Land's *Younger*, created by *Sex and the City*'s Darren Star. Those expecting a G-rated Duff need not look here. Her character, Kelsey, dater of douche bags and teller of masturbation jokes, is less *Lizzie*, more *Liz McG*—*Lizzie*'s post-collegiate, corporate ladder-climbing alter ego. “Maybe she par-

ties too much,” Duff says. “She'll go out, have too many, then wake up and scramble to the office. She's wickedly driven.” Ah, yes, we all know and love a Kelsey.

But Duff, 27, initially resisted the project as it meant moving with her 2-year-old son, Luca, to New York soon after separating from her husband of three

years, hockey pro Mike Comrie. “I didn't think I could do it,” she admits, cutting across a ditch and onto a wooded trail. “I was in a funky place.” A call from Star led her to reconsider. “I couldn't really turn it down. [Kelsey] is grown-up but makes a shit ton of mistakes, which I loved. I didn't get to make many mistakes publicly in

my life. I was always concerned with what people would think.” Duff was only 14 when *Lizzie McGuire* made her the hypothetical BFF of millions. Although the show ran for just two seasons, it spawned a box-office hit—2003's *The Lizzie McGuire Movie* opened second only to *X-Men 2*—and a generation of *Lizzie* loyalists who'd go



PHOTOGRAPHED BY
ERIC RAY DAVIDSON
SENIOR FASHION EDITOR:
JAMES WORTHINGTON
DEMOLET

Jacket, Faith
Connexion.
Shorts, American
Eagle Outfitters.
Earrings, Bijules



Top, Cushnie et Ochs. Earrings, Meadowlark. Cuff (left arm), Robert Lee Morris Collection; (right arm), By Malene Birger. Rings (left hand, top to bottom), Hidalgo; Eva Fehren; (right hand) WAKE

BEAUTY TIP

MIST ON BUMBLE AND BUMBLE SURF INFUSION, \$29, FOR WINDSWEPT TEXTURE PLUS SHINE.

on to support Duff's multiplatinum pop-music career.

Still, it hasn't been easy for fans to see Duff as anything but squeaky-clean. "As a person who grew up with Hilary Duff," starts one YouTube comment on a clip of *Younger*, "am I the only one who feels weird hearing her talking about doing stuff to someone's 'special place'?" He or she must have missed Duff's threesome on *Gossip Girl*. However, Duff says she doesn't consciously look for roles to spice up her image. "I don't have to prove to people that I'm an adult now. I am an adult. It's frustrating to be put in a box, but I never needed to wild out to show that I'm grown-up."

Indeed, Duff's cut a quieter path than other Disney stars of her era: See Miley Cyrus, who's all but buried Hannah Montana in marijuana-print leotards, or Lindsay Lohan, *Parent Trap* star turned Oprah bait. For Duff, going off the rails wasn't an option. "At 19, I did a massive friend cleanse. That was really hard, to sit down with people and say 'We can't be friends anymore.' They were like 'That's fucked up; you're a bitch.' But having a good reputation was important to me. That's not to say I didn't screw up and do little naughties here and there."

She hinted at one such naughty in last

summer's single "All About You," which starts "You could be my dirty secret." Is Duff the type to have an eff buddy? "I wrote that song for a reason!" she says, as we huff and puff up the mountain. "I've enjoyed myself. I think everyone should have something where you know it's not exactly what you're looking for but you just have a wicked good time. That was really freeing for me and a bit of an awakening. It's fun to have a secret."

People have always wondered about Duff's sex life, mainly when, exactly, she swiped in her V card. "I had a 26-year-old boyfriend," she says, referring to Good Charlotte's Joel Madden, who she started dating when she was a teen. "So everyone can make their own assumptions about what I was doing." Madden is now married to Nicole Richie. But another of Duff's famous exes, Aaron Carter, has yet to move on. Last year, after posting a picture of Duff, he tweeted, "Don't be that stupid douche that loses the love of your life forever. Like me...." FYI: They dated when they were 13. "Him reaching out through social media? It's ridiculous!" she laughs. "But then people do it all the time, like Chris Brown and Karrueche? Come on, guys. Keep it between text messages."

Keeping things classy is Duff's MO. Even her split from Comrie in January

2014 has been by all accounts amicable. I commend her for having a drama-free separation. "Did we?" she asks. "We...you're right...compared to others. It wasn't working well enough to stay together, but there was still a lot of love involved. It was just a slow set-in of us not being the match that we used to be. I'm lucky for the person he is and I am and how we decided to handle this."

Wife life was something Duff had long dreamed about. "Mike and I were very in love when we met. We both really wanted to get married." They said "I do" when Duff was 22. "I'd been working since the age of 11 or 12, so making that choice at a young age seemed right for me. Maybe it wasn't, but we spent the majority of our time together really happy." Her view on forever-after has since shifted. "I don't want to sound bitter because I'm definitely not, but I don't know if people are meant to be together forever. Things happen over a long relationship that you can't always fight. A marriage of 20 years, the accomplishment of that must feel really great, but there are also huge sacrifices. I just always want to fight for happiness."

As tough as marriage is, Duff isn't exactly pining for the freedom of her single days. "I had a pretty serious relationship at a young age that I

ended, and it wrecked me for a good year and a half," she says, likely speaking of Madden. "I didn't really enjoy being single. My nature is happier being with someone and creating a deep friendship. Also the love aspect is super important, where you are really attracted to that person"—she sighs. "It's hard to find that, all wrapped up into one."

Duff's the first to admit that she's figuring some stuff out right now, and it's a process, not an achievement. She sees a therapist whenever she needs "a little tune-up." As for what she's learning? "Being in touch with what feels good and what doesn't. Sometimes I'll go down an Instagram hole, and all of a sudden, I feel weird about my career or life. I'm like, 'Take a break.' I'm a huge Instagrammer. I love it, but probably once a week, I've gotta put that down." If only we could all be so strong.

We're almost back to Duff's house when she stops at a clearing overlooking L.A. "I swear this is soul cleansing," she says. "Your problems become easier to work through, because in the grand scheme of things, they're not that big of a deal. Hiking helps me so much. My girlfriends are helpful." She turns to get a good look at the vista and smiles. "Wine is helpful too. Now, should we take a selfie?" ■

That Was Really Hard to Sit Down With People AND SAY 'We Can't Be Friends Anymore.'

TBB

(THROW-
BACK
BEAUTY!)

SOME THINGS REALLY ARE BETTER THE SECOND TIME AROUND...LIKE THESE BLAST-FROM-THE-PAST TRENDS. PAIRED WITH OUR DÉJÀ-NEW TWISTS, THEY'RE INSTA-WORTHY EVERY DAY OF THE WEEK—NOT JUST THURSDAY!



BY LAUREN BALSAMO

PHOTOGRAPHED BY BEN WATTS

FASHION EDITOR:
JAMES WORTHINGTON
DEMOLET

#

/ THE THROWBACK /

GLOSSY LIPS

WEAR IT NOW

Back in the day, you'd never leave home without a goopy gloss tube (sticky-hair sitch be damned!).

Today, pout-plumping shine is windy-day approved. Just line and fill lips with a nude crayon, and top with matching oil-based gloss. Our fave: YSL Volupté Tint-in-Oil, \$32.



Trench, Marissa Webb.
Top, Fendi NYC.
Jeans, J Brand. Earrings, Meadowlark. Blue finger ring, Maison Margiela.
Knot ring, double ring, Fallon. **OPPOSITE PAGE:** Vest, Studmuffin NYC.
Top, Hilfiger Collection.
Crop top, Milly. Jeans, Gap. Thin gold rings, Jennifer Fisher. Thick rose gold ring, Luv Aj.
Ring with ball, Joomi Lim

#

/ THE THROWBACK /

FACE ART

WEAR IT NOW

Music-festival mania has made celestial stickers chic. Simply peel and stick them to the tops of your cheekbones, or ink your own with Revlon PhotoReady Kajal Matte Eye Pencil in Matte Coal, \$9. (Set with translucent powder.)



**MODEL HAILEY
CLAUSON'S
'90S ICON?
KATE MOSS. "SHE'S
EFFORTLESSLY
ROCK-'N'-ROLL."**

#

/ THE THROWBACK /
SCRUNCHIES

WEAR IT NOW

A stack of pony poufs is the hair equivalent of wearing cool-girl layers. Texturize roots with volumizer (like Joico Hair Shake, \$18), sweep strands into a topknot, then twist two contrasting scrunchies around the bun.

Jacket, Obesity + Speed. Dress, Diesel Black Gold. Scrunchies, Jennifer Behr. Earcuff, Karen Egren. Bracelet, Giles & Brother. Rings (diamond ring), Swarovski; (goldring), Jennifer Fisher

#

/ THE THROWBACK /

DISCO EYES**WEAR IT NOW**

Forget chunky old-school glitter and opt for the refined kind instead (like Make Up For Ever #16

Diamond Powder in Gold, \$25). With a wet shadow brush, tap it onto the center of upper lids and beneath the lower lash line for a smoky-eye alternative.

**HAILEY'S INSTA-PIC SECRET?
"IT'S ALL ABOUT NATURAL LIGHT!"**

**FOLLOW HER
@HAILEYCLAUSON.**

Dress, Gucci.
Rings, Maison Margiela

#

/ THE THROWBACK /

HOLOGRAMS

WEAR IT NOW

Channel your inner Jem (who gets her big-screen debut this fall!) and snip iridescent film—a craft-store staple—into thin, curved strips. Adhere them to the upper lash line with faux lash glue.

Even easier: Sweep on a silvery blue liquid liner like Urban Decay's 24/7 in Revolver, \$19.

Jacket, VEDA. Clutch, Kotur. Thin gold rings, Jennifer Fisher. Thick gold rings, Luv Aj

Hair: Zaiya Latt at Bryan Bantry Agency.
Makeup: Beau Nelson for Lancôme at The Wall Group. **Manicure:** Julie Kandalec at Paintbox using Chanel Le Vernis.
Model: Hailey Clauson at ONE Management.
Location: Harlem Shake. See page 210 for shopping information.



Dress, Roberto Cavalli. Rings, Jennifer Fisher

"**MY FAVE
#TBT POST
IS A PIC
OF ME AT 13,
TOWERING
OVER ALL
MY FRIENDS!**"

#

/ THE THROWBACK /
**CRIMPED
HAIR**

WEAR IT NOW

Rather than a head full of crimps, rock a few random strips to create a mixed texture. Braid sections around your face, and run a flatiron over each. Once cool, shake them loose, and smooth in styling cream (try Bumble and Bumble Brilliantine, \$24).



ROLL IT, RIP IT,
DISTRESS IT, OR FADE
IT—NO MATTER WHICH
WAY YOU CUT IT, DENIM
NEEDS A STARRING
ROLE IN YOUR SPRING
WARDROBE. NEW GIRL
BOMBSHELL HANNAH
SIMONE IS IN THE
HOUSE...AND SERVING
UP MAJOR SWAGGER.

PHOTOGRAPHED BY KENNETH CAPPELLO
FASHION DIRECTOR: AYA KANAI



WITH THAT
DENIM LIFE

Top, Tracy Reese. **Jeans**,
Lucky Brand. **Shoes**,
Golden Goose Deluxe
Brand. **Belt**, Raina Belts.
Cuff, Arme De L'Amour

OPPOSITE PAGE: Shirt,
Michael Michael Kors.
Necklace, Iwona Ludyga
Design

"YOUR RELATIONSHIP WITH
YOUR JEANS IS PERSONAL.
BE PROMISCUOUS.
TRY THEM ALL."



beauty
tip

To hide chipped tips, layer a bright polish (like Sally Hansen Salon Complete Manicure in Water Color, \$8) over a week-old mani.

Shirt, True Religion.

Jeans, DKNY Jeans.

Shoes, Christian Louboutin

OPPOSITE PAGE:

Shirt, skirt, Polo Ralph Lauren. **Vest**, Hudson Jeans



SIMONE SAYS

OF LOVE AND SALAD BARS

"People always ask, 'What's your type?' Everyone's unique. It's not like a salad place, where they give you a selection of lettuces, and you're like, 'Well, I only like kale!' You don't just get to pick all the boxes and put in your order and this guy pops out. You just have to let go, be open."

DATING IS WACK

"I've never been on a date. Really. The idea that I'm just going to be like, 'Hmm...I'm gonna audition some men over some food.' It feels so bizarre to me. I've been in relationships but with people I've met and I like them, and then you're together. It's been very organic. Dating is not for me."



THERE'S MORE THAN ONE TRUE PAIRING

"Your relationship with your jeans is so highly personal. Go out and be the most promiscuous denim girl in the world. Try them all. Then—advice from my mom—buy 10 pairs. The cardinal rule in makeup and fashion is when you finally find the thing that you fall in love with, they discontinue it the next month. Invest! You'll be so grateful years later."

—RACHEL MOSELY



beauty tip

For full, bouncy
hair like Hannah's,
apply Garnier
Fructis Full &
Plush Mega Full
Thickening Lotion,
\$4.29, to strands
before drying.

Jacket: Joe's.
Bikini top: Aerie. **Skirt:**
Mother of Pearl

OPPOSITE PAGE:
Cardigan: Karen Walker.
Top: Lucky Brand. **Jeans:**
Ann Taylor. **Sneakers:**
Golden Goose Deluxe
Brand

HAIR: Robert Ramos

for robertramos.com at
Celestine. **MAKEUP:**

Fiona Stiles for Lancôme
at The Wall Group.

MANICURE: Nettie Davis.

PRODUCTION: First Shot
Productions.

See page 210 for
shopping information.

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LOVE LUST & OTHER STUFF

EDITED BY MARINA KHIDEKEL



WHAT
REALLY
HAPPENS
AT A VIP
SEX PARTY

Inside the naughty playground
of the haute and bothered

BY ANONYMOUS

AFTER FIVE YEARS

together, my husband, Darren*, and I are as deeply in love as when we first met through mutual friends in New York City. We share values about virtually everything that matters to us: politics, art, passion for our jobs, and not least of all, the need for nonmonogamy. By the time we hooked up for the first time, one sunny June day on a wooden deck after a long swim to a tiny island in the middle of a private lake in the Adirondacks, we both knew monogamy didn't work for us. I had just ended my second unsuccessful attempt at an exclusive relationship and promised myself to never promise monogamy to anyone ever again. He, on the other hand, had had nothing but open relationships for the past 15 years. So when things started to look serious, there was never a debate about whether we'd be open.

I'm a social scientist in my early 30s; he's a software engineer in his mid-40s. We have highly rewarding careers and great friends. And every now and then, we go to sex parties. For us, it's a way to bring novelty and excitement to our (already satisfying) sex life, and we have many friends who share our sexual lifestyle and views.

I went to my first sex party when I was 23 and living in Berlin. I've been a highly sexual and intensely curious person for as long

as I can remember, so when one of my lovers asked, I didn't think twice. There were all kinds of people there. Not everyone was interested in everyone, but everyone was accepting. The diversity was heartening, and the freedom was intoxicating. I was hooked.

There are about 40 different commercial sex parties (ones that charge admission) in NYC. Some of these happen most nights at sex clubs; others happen only once every few months at venues like hotels or private homes. Each caters to a different crowd and/or sexual interest: younger people, older people, kink, vanilla, LGBTQ, couples-only, couples-and-single-women-only, and ones where single men are allowed as well. Some welcome everyone; others require an online-application form and a photo. Still others are very exclusive, reserving spots only for the most attractive or well-heeled. Some charge symbolic prices (\$15), while others charge a small fortune (\$500). Some are more adamant than others about ensuring consent, minimizing sexual health

risks, or limiting drug and alcohol use.

Recently, our sexually curious and fairly experienced friend Veronica, who's a sex party newbie, asked us to take her to a party. We decided on a recurring party that Darren and I love—it's highly selective but not in the superficial ways (money, looks, or fame). Getting in requires that a past attendee brings you and vouches that you will add to the experience.

After a quick check-in process, we are escorted into a large suite in a hotel, where we're warmly greeted by an incredibly seductive, voluptuous young woman with full lips, wearing only a lacy black face mask and a thin metal chain that starts at her neck, then falls between her breasts and circles her waist. She's one of the many volunteers—greeters, bartenders, food servers, vibe monitors—helping to make sure the party runs smoothly. We put our coats away, then give Veronica a tour through the gorgeous, two-floor space: high ceilings, candles everywhere, many comfy couches. We wander through the three larger rooms, each with its own fireplace, and half a dozen bedrooms with open passageways (there are no doors to any rooms except for bathrooms). There's a lovely view of Manhattan at night through the floor-to-ceiling windows, and as we walk around, Veronica exclaims how pleasantly surprised she is at the overall vibe and friendliness.

WE MINGLE over cocktails, and by midnight, the party boasts a healthy crowd of 250 people ranging in age from early 20s to late 50s. Most are in upscale cocktail attire, a few



in fetish outfits, and a few already mostly nude. Many of the women and men are traditionally attractive, including several who could, did, or do model, but there are bodies of all shapes and sizes, and everyone seems to have one thing in common: They all feel beautiful and comfortable in their skin. We chat with some of our good friends and past and current lovers, check out the new people, and wonder about some people we've flirted with but never had a chance to "play" with.

4 to 5%

OF AMERICANS ARE IN A CONSENSUAL NONMONOGAMOUS RELATIONSHIP, BUT UP TO 16% OF WOMEN AND 31% OF MEN SAID THEY'D BE WILLING TO TRY IT.

SOURCE: UNIVERSITY OF MICHIGAN



We introduce Veronica to everyone we know, and she decides to roam the party on her own for a while—a far cry from the “please don’t leave me alone” energy she was giving off before we arrived. No longer in guide mode, Darren and I begin to flirt with the other partygoers. You see a lot of flirting and making out in the center of the dance floor and more serious action—topless massages, oral sex, blindfolded tickling—happening on the edges of the room. Soon after, Darren tugs on

“IT'S LUST AT FIRST SIGHT, AND WHEN OUR GLANCES MEET THEIRS, WE APPROACH.”

my dress and discreetly nods his head in the direction of a gorgeous couple in their early 30s. He's tall and dark-skinned, with a big, friendly smile and a chiseled torso outlined by his tight shirt; she's a pale, slim

European with long, silky hair. It's lust at first sight for both me and Darren, and when our glances meet theirs, we approach.

THE SMALL talk begins, and it turns out, it's their first sex party ever. They've talked about opening up their relationship before, and after three years of living together, they are finally taking the first step. With two couples involved, things can get a bit tricky. Chances are good that one of the four will not be comfortable with the

situation and will pull the plug. My husband and I can read each other very well, and we're also comfortable letting the other person play while stepping out if need be. We ask if they want to take things slow, but no, they're ready now and they like us, they say. We ask about boundaries. He confesses he's not sure if he'd be comfortable with her playing with another man, but “you never know.” Darren assures them there's no pressure to do anything they're uncomfortable with. After chatting for about 30 minutes, I suggest we move to one of the rooms.

Safety is taken seriously at this party—there are condoms and bottles of lube (as well as wet wipes) all over the play spaces. Refusing to use a condom with a non-primary partner would get you banned from the party forever. Privacy is also a concern. Remember the first rule of *Fight Club*? It's kind of the same here. It's so exclusive, it doesn't have an online presence—no website, no Facebook page, no Twitter account. You are not allowed to take photos or videos.

WE FIND A bed that's mostly empty (no beds are ever completely empty at this party) and start kissing and exploring one another's bodies. The clothes slowly come off. They are both absolutely gorgeous. Earlier, she mentioned she was interested in women but not very experienced, so I try to pay equal attention to both of them, running my hands up and down their bodies, telling them how beautiful they are. Initially, my husband is only focused on

me, slowly but surely making his way down between my legs. I get on my knees as I start going down on her while her boyfriend brings himself to her mouth. After a few minutes, I ask her if she'd share with me the "toy" she has in her mouth, and the two of us ladies give her boyfriend a nice, long, double blow job. My husband slides out from underneath me, our eyes lock, and he comments on how hot this looks as he starts rubbing my clit from behind. As the situation gets more heated, our new lovers seem to relax more, and the boyfriend decides to push his boundaries. "You can play with Darren, if you'd like," he says to his girlfriend. "Are you sure?" she asks. He is a little distracted by my lips around him and nods encouragingly. That's all she needs, and as she puts her hands on my husband's toned body, he and I smile at each other, loving the fun we're having together. We're aroused, exhilarated, thoroughly in the moment. I love seeing the anticipation in his eyes as she begins to slowly unbutton his shirt and unbuckle his belt. For the next hour, we

"WE LIE ON THE BED, CATCHING OUR BREATH, ONLY THEN REALIZING THAT WE'VE HAD A BIT OF AN AUDIENCE."

goes to say hi to her. I realize I haven't seen Veronica in almost two hours and embark on a quest to find her. I walk through the rooms—the sights and sounds of sexual pleasure and playfulness are everywhere. A tall man walks by, led on a chain leash by a dark-haired woman. Two pretty gay boys are making out in the corner. In a bedroom, one of my friends and his fiancé have set up shop with their Sybian, a saddlelike masturbation device that vibrates and rotates, and there's a line of women waiting to try all the different internal and external attachments that go with it. The one who's currently using it appears to be unwilling to part with it.

We lie on the bed, catching our breath, only then realizing that we've had a bit of an audience. A cute girl comes over and says, "My girlfriend and I were watching the whole time. That was so hot!" We all laugh. We get dressed and give our new friends a big hug, then go our separate ways. We head back into the main room of the party where the dance floor is now packed. A hot Asian guy wearing only a scarf walks in followed by a cute girl who immediately drops down on her knees and starts giving him oral. Soon after, he bends her over and puts on a condom, and they start having sex right there on the dance floor, with nothing but the edge of a sofa for support. "I'll take care of that for you," I say, as I take the condom wrapper from between his lips and dispose of it in the trash. The party is on.

As we get to the bar for more drinks, Darren sees one of his favorite lovers and





talking about everything, it really seems like Tanya and I are not on the same page about this. I'm loving it, but she doesn't want this. I think this is our last party." I sympathize with him—it is not uncommon for partners to have different reactions to their initial attempts at sex parties. If this is as final as it seems,

Michael is going to have to make some tough choices in the near future: suppress his need for sexual exploration or leave the woman he loves. A few parties ago, I was the first person they ever invited to play with them, so I feel somewhat connected to their entry

into nonmonogamy. I offer to get lunch with him the following week so he could have someone to talk to.

I reunite with Darren, and we chat up another stunningly beautiful couple in their early 30s: a tall, ample-busted redhead and a blond man with a smooth, hairless chest and flat stomach. She's been

in the lifestyle for a few years, but he's brand-new. He has a hard time getting over his jealousy of seeing her with other men, so for the moment they only play with women, hoping to build toward a more equitable arrangement over time. They didn't play with anyone here tonight, but all the flirting and watching others has made them so turned on that they say they're going home to ravish each other. It's great to see people openly expressing their desires, acknowledging their limits while trying to push them, and showing patience and understanding for their partner's needs.

A GORGEOUS female DJ in lingerie is replaced by a shirtless dark-skinned guy sporting a perfect set of abs (I admit I have a thing for men with very toned abs). He's not only a pleasure to watch though—he plays excellent music, so for another hour or so, Darren and I just dance to great electronic music surrounded by a continually shifting group of smiling, sexy people in various states of undress. Veronica appears out of one of the adjacent bedrooms and exclaims, "I feel so free here. Everyone is so nice and nonjudgmental!" For a moment, I see my 23-year-old self at the party in Berlin.

Eventually, it's time to go. Darren and I grab a cab back to our apartment, dropping Veronica off on the way. We brush our teeth, then jump under the covers and relive the night as we lie in bed wrapped up in each other's arms. I get a text from the girlfriend of the couple we played with: "You two were the best part of our night." We drift off to sleep, happy. ■

HARDER. BETTER. FASTER. STRONGER:

COSMO'S GUIDE TO YOUR BEST ORGASM EVER

NOT OKAY: NEW RESEARCH HAS CONFIRMED THAT STRAIGHT SINGLE WOMEN HAVE THE FEWEST ORGASMS, WHILE THEIR MALE COUNTERPARTS HAVE THE MOST. JOIN THE STARS OF MTV'S *GIRL CODE* ON THEIR QUEST TO CLOSE THE ORGASM GAP IN COSMO'S "RACE FOR CLIMAX CHANGE." BECAUSE IT'S ABOUT DAMN TIME WE GIRLS GOT OUR FAIR SHARE IN BED.

by Anna Breslaw, Marina Khidekel, and Michelle Ruiz photographed by Matthias Clamer

Ready, Set...

HAVING AN ORGASM IS MORE LIKE A MARATHON THAN A SPRINT—

but for many women, it's uphill terrain. Women outearn men in 40 percent of American households. But when it comes to orgasms, we're still the underdogs, according to *Cosmopolitan*'s national survey of 2,300 women ages 18 to 40. Dishearteningly, only 57 percent of women have orgasms most or every time they have sex with a partner, while 95 percent say their partner does. A substantial 42 percent of women revealed that the last time they had sex, their partner had an orgasm but they didn't, and 72 percent have had a partner climax before them but not make an attempt to help them finish. "We still prioritize men's orgasms," says Debby Herbenick, PhD, director of Indiana University's Center for Sexual Health Promotion, who helped create Cosmo's survey.

Our results are echoed by new data from Indiana University's 2014 National Survey of Sexual Health and Behavior, which found an estimated 84 percent of men orgasm during sexual activity with a familiar partner, compared to 68 percent of women.

Maybe that's because when a man finishes, too often sex does too. Or because physically the male orgasm is more of a neatly tied bow, while ours is like a Valentino gown (it's complex and can take a while to construct, but boy, is it gorgeous). Of course, it can be hard to explain all this to a partner, especially when you're buck naked—which probably speaks to why, despite 78 percent of women saying they believe their partner cares whether they orgasm, 67 percent admit to having faked it.

The good news: We're making strides toward closing the gap. When asked how most of their orgasms happen, 39 percent of women said by using their hand or a sex toy rather than relying on a partner. And our data shows women get more assertive with partners with age and experience. "It's all about exploring 'What feels good for me?'" says ob-gyn Jennifer Ashton, MD, senior medical contributor for ABC News. "That's the fun part." Warm up with dozens of science-backed ideas for the O's you deserve. —M.R. AND M.K.

exactly
HOW TO HAVE AN ORGASM

Get Out of Your Own Way

NOT ALL WOMEN NEED TO HAVE AN ORGASM EVERY TIME FOR SEX TO BE HOT, SAYS HERBENICK, BUT MOST WOULD LIKE MORE. THESE FOUR TIPS CAN HELP YOU GET OVER THE EDGE.

1. (Silently) tell yourself how much you're turning him on. Whether he's a Chatty Charlie or a quiet type in the sack, seeing his face as he's lost in ecstasy—and realizing you're making it all happen—can be the push you need to cross the finish line.



Get, O!



COSMO SURVEY

WHEN YOU DON'T ORGASM WITH A PARTNER, WHAT ARE THE MOST COMMON OBSTACLES?

50%

I feel like I'm almost there but can't quite get over the edge.

38%

Not enough clitoral stimulation.

32%

I'm too in my own head or focused on how I look.

35%

Not the right kind of clitoral stimulation from my partner.

3.

Tons of women insist that sex is more mind-blowing if you, ahem, exercise your freedom as an American and relax your mind and bod with a certain recreational substance. Only in states where it's legal, of course. Alright, alright, alright!

2.

Don't be afraid to reveal a kinky desire. No fetish is antifeminist. Just because you like being called a slut during sex doesn't mean you like it during dinner.

4.

Do yoga for your vagina! Keep the energy flowing down there by taking deep breaths and imagining sending them to your lady cave. Sounds wack, but it's basically the free, female Viagra.

—A.B.

THE 4TH SEASON OF
GIRL CODE PREMIERES
THIS SUMMER ON MTV.



LADIES!

HELP US HELP YOU!

THE FEMALE ORGASM CAN BE A PUZZLE FOR MEN—AFTER A WHILE, SOME GUYS JUST SAY SCREW IT AND GO PLAY *CALL OF DUTY*. **JORDAN CARLOS**, *GIRL CODE* REGULAR AND WRITER FOR COMEDY CENTRAL'S *THE NIGHTLY SHOW*, TELLS HOW HE CRACKED THE CODE.

MUCH LIKE WITH STAND-UP, in the bedroom, I had beginner's luck that gave me a false impression of my abilities. In college, I hooked up with a woman who lost her shit at my slightest touch. How could I not think I was truly the gangster of love? Alas, other women didn't experience complete particle reversal by simply having me blow in their ear. It got worse. Much worse.

"JUST FINISH. I wasn't going to come anyway..." has to be the most soul-crushing thing I've ever had a woman tell me. Not only did I feel horribly inadequate, but I also felt like a knuckle-dragging cretin. I was inside her, for Pete's sake! Why weren't the women I bedded immediately spasming in ecstasy? I mean, didn't I put my sex part in her sex part? Wasn't I pumping away like I had seen in all those Skinemax movies? Obviously, I had more work to do.

BUT WHAT DID I REALLY KNOW ABOUT WOMEN? Nada. And I am the son of an ob-gyn! As such, my understanding of sex was clinical/utilitarian. I knew that to make a baby, people had to make the sex together. I didn't know where the clitoris was or the mythical G-spot for that matter, but I did know what I saw in movies

and the movies told me that to take a lady to pleasantville, some amount of oral sex was involved. So I entered a period wherein much of my foreplay repertoire consisted of adhering myself to a young lady's labia majora like a hungry sea barnacle. Results were mixed.

WITH EACH PARTNER, I learned what I was doing wrong. Like not using my fingers and going too heavy on the tongue. I think I may have pulled it a time or two. But I'd become accustomed to rejection, so rather than settle into early-onset celibacy, I soldiered on. And like my routine, it got better!

I THINK THE SECRET to finally understanding what it took to please a lady came when I found the right one. We both had super-awkward bedroom fun until we weren't scared of each other anymore and started having mind-bending fun. One night, she told me how she liked it, what angles were "no" and what angles made her say "More, please!" I was happy she did. Ladies, talk to us. You tell a barista how you like your latte. Baristas aren't mind-readers, and neither is your guy. And for guys, bringing a woman to orgasm makes us feel unstoppable—not mere gangsters of love but veritable "*Oh, my god-fathers.*"

O, REALLY? THE FRENCH SOMETIMES REFER TO THE BIG O AS *LE PETIT MORT*: "THE LITTLE DEATH."

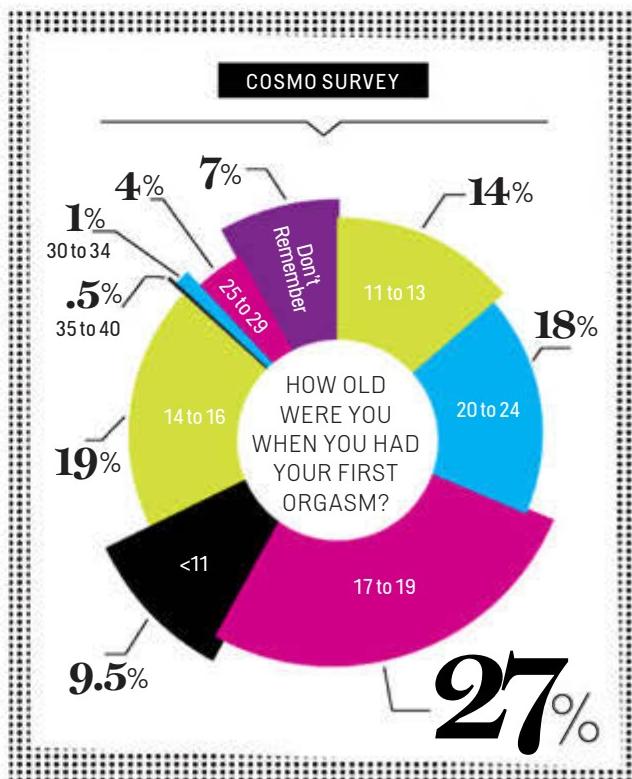
exactly

HOW TO HAVE AN ORGASM

Party of One

DO THE DIRTY ON YOUR OWN! RESEARCH SAYS WOMEN WHO O ALONE HAVE MORE ORGASMS WITH HOOKUPS BECAUSE THEY KNOW THEIR BODY WELL ENOUGH TO TEACH SOME CLUELESS GUY...WE MEAN, WONDERFUL PARTNER.

- DON'T LIMIT YOURSELF** to masturbating while lying on your back in bed just because that's how women do it in movies. If you had your first O grinding on a couch cushion (as many of you told us you did!), flip over and get down with a down pillow.
- BE A TEASE.** Bring yourself close to O in your go-to style (clitoral stroking, after a glass of sauv blanc?), stop, and start again. Big suspense = bigger orgasm.
- BORED OF USING THE SAME PORN/VIBE/POSITION** every time? Try a masturbation cleanse. Going back to basics (no props or porn) can make for a powerful O.
- YAY FOR KEGELS!** The vaginal-clenching exercises can lead to stronger orgasms and serve as training for the mythical hands-free fantasy-only orgasm (the unicorn of O's). Remind yourself to train daily with the Kegel Camp app (\$1.99, iTunes store).
- KILL TWO O'S WITH ONE TOY.** Treat yourself to a dual-action sexcessory like the California Exotics Butterfly Kiss (\$10, Amazon.com). A tiny butterfly flutters on your clitoris while a G-spot stimulator massages you there. —A.B.





SEX O'CLOCK NEWS

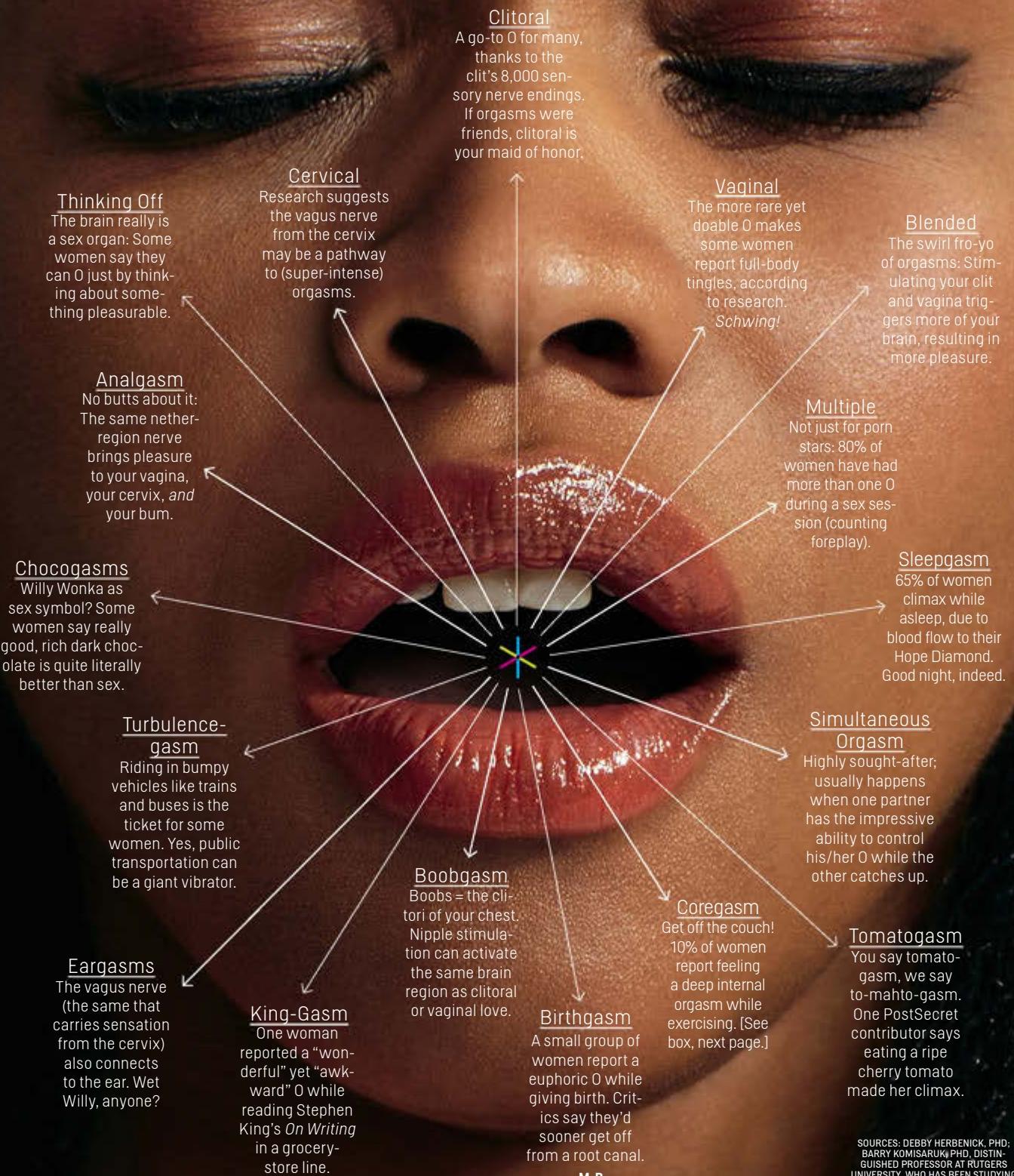
THE TRUTH ABOUT THE G-SPOT

THE MOTHER OF THE G-SPOT TURNED TO COSMOPOLITAN TO CLEAR UP THE DEBATE ABOUT ITS EXISTENCE.

When sex researcher Beverly Whipple, PhD, introduced the G-spot (that two-inch area two inches inside the front wall of the vagina that's said to be linked to female ejaculation and orgasm) to the public in her 1982 book *The G Spot: And Other Discoveries About Human Sexuality*, madness ensued. For decades, researchers argued it doesn't exist. A 2012 study in the *Journal of Sexual Medicine* concluded there is no distinct body part, like an arm or a spleen, that makes up the G-spot. Another study argued "the vagina has no anatomical structure that can cause orgasm." Now, Whipple reveals to Cosmo, "If I could do it over again, I would call it the G-area," because many tissues and nerves, like the Skene's glands (called the female prostate) and the legs of the clitoris, which extend into the body, are smushed closely together in a tiny space. So G-spot orgasms, clitoral orgasms... they're all connected. Free yourself from the pressure to find one elusive spot, and enjoy all the orgasmic possibilities. —M.R.

THE ORGASM SPECTRUM

Think of your orgasm less as a prix-fixe menu; more as an endless buffet with Chris Hemsworth manning the build-your-own-omelet bar.



We'll Have What She's Having!

COSMO'S SURVEY FOUND THAT 83 PERCENT OF LESBIANS SAID THEY HAVE ORGASMS MOST TIMES THEY HAVE SEX, COMPARED WITH 56 PERCENT OF STRAIGHT WOMEN. WRITER **ARIEL SCHRAG** HAS THOUGHTS AS TO WHY.

It feels hard to address this without saying something offensive to men, like they consider female orgasms to be some elusive phenomenon no mortal man should be expected to master. I've had straight friends tell me that they would tell their man what they want, but they're nervous about making him feel bad. That needs to stop. It's possible lesbians are better at saying, "Do it this way." But oral sex, fingers, toys, role-play: It's all stuff available to every gender and sexuality. (Although studies do show lesbians are more likely to have oral sex and use vibrators, so there's one clue.) It might be hot to fantasize that your partner just senses what you need, but that's just a fantasy. So speak up. There's nothing sexier than someone whispering in your ear what they want you to do to them. *Ariel Schrag's novel, Adam, is out now.*

COSMO SURVEY

HAVE YOU EVER HAD AN ORGASM?



ages 18 to 24



ages 25 to 29



30s

★★★
It gets better with age and experience!

Girl Code Orgasm Wisdom

CARLY AQUILINO

"I didn't have an orgasm from sex until I was 23. Apparently, when I have an orgasm, I look like there's an exorcism taking place. My boyfriend first thought I was having a seizure."



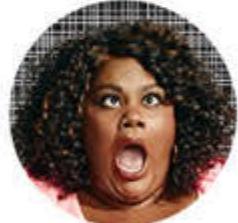
JAMIE LEE

"Orgasms are awesome because for a brief moment, you're not thinking about Instagram or how somebody was rude to you. It is like meditation but for your vagina! Clear minds, full orgasms, can't lose!"



NICOLE BYER

"Say something if you don't orgasm. It's like you took a cross-country road trip and he left you in the Midwest. Make it to the coast and go to a beach!"



NORA "AWKWAFINA" LUM

"In 6th grade, a friend told me she had an orgasm via a Kirby cucumber. I couldn't find Kirbys at my fruit stand so I bought a tiny cucumber. I did what she said, but it wouldn't fit so I gave up. Years later, I saw the girl and reminded her of the Kirby story. She told me she made it up. What an asshole."



TANISHA LONG

"Too many men just hammer away. We aren't drywall! Look up and talk to us! And ladies, speak up. Closed mouths don't get fed, and by fed, I mean multiple orgasms!"



O, REALLY? THE MAMMAL WITH THE LARGEST CLITORIS IS THE SPOTTED HYENA. THAT'S WHY THEY CACKLE!

The Coregasm Workout

Sure, straddling a Spinning bike to the sweet sounds of Ed Sheeran is a quasi-sexual experience, but exercise-induced orgasms are no myth. These moves could help you lose it in your Lulus.

SOURCE: *THE COREGASM WORKOUT*, BY DEBBY HERBENICK, PHD, OUT IN JUNE



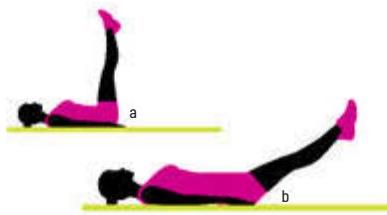
1. KNEE RAISES ON A CAPTAIN'S CHAIR

Step onto foot platforms, and make abs tight, like you're about to be punched in the gut (a). Lift knees toward chest, keeping back flat against the chair (b), and then return to dangling position. Do 20 times.

—M.R.

2. LEG RAISES

Lie flat on back with arms at sides and legs at 90 degrees (a). Bend knees slightly, and lower legs slowly. As your back starts to arch, return to start (b). Do 10 reps.



Doing It Together

exactly
HOW TO HAVE AN ORGASM

1. GIVE YOURSELF THE FINGER. If you need clitoral love during P in the V, buzzing a fingertip vibe—try the Frisky Finger (\$11, PleasureChest.com)—on your clitoris during doggie is a game changer.

2. GET IT IN BEFORE YOU START BAR-HOP-PING—not after. Alcohol makes you want to jump your partner's bones, but it produces vasocongestion, down-there swelling that keeps him from going deep, which can make it harder for you to finish. Tequila is a cruel mistress.

3. SEX SHOULD NOT FEEL LIKE WINTER'S BONE. Lube the eff up, please (both you and your partner, before and/or during The Naughty). Almost 50 percent of women say lube makes it easier to orgasm. And forget the myth that it's just for older women—all the cool kids are doing it.

4. TELL HIM TO SLIDE A FINGER (or two) into you while he uses his mouth on your Georgia O'Keefe. Internal and external play is twice as nice for your orgasm chances.

5. LEST WE (AND HE) FORGET, the clitoris extends down our labia in the shape of a wishbone. So he should lick or stroke the labia while down there. Hello, O!

6. GOOD MORNING! Many women prefer getting it on in the a.m. No beer slowing down the sparks, no calzone exacting revenge....

7. TRACK YOUR CRIMSON WAVE—not only to save your Hanky Pankies, but because on the 13th day of your cycle (right before you ovulate), your testosterone levels peak, resulting in a higher sex drive and bigger orgasm potential. Download the Period Tracker Deluxe app (\$1.99, iTunes and Google Play).

8. SEVENTY-FIVE PERCENT OF WOMEN TOLD COSMO they need to feel close to someone to orgasm. You obvs don't have to get it on with a life partner to get off, but Herbenick, who has interviewed tens of thousands of women about their sex lives, has this advice: "Just pick someone who's nice to you and you feel cares about you." Also, too many women overlook this simple sex upgrade: Make eye contact. It feels so intimate, it can help you reach your peak. —A.B.

O, REALLY?

YOUR CLITORIS HAS DOUBLE THE NUMBER OF NERVE ENDINGS AS HIS PENIS DOES—ONE OF THOSE RARE SITUATIONS WHERE A GUY SHOULD BE GETTING ON YOUR NERVES.

Talk the Talk If only talking about sex were as easy as Salt-N-Pepa made it out to be. In real life, letting someone who is inside your body know they aren't getting you there is very, very hard (no pun intended). Find your voice with these tips from Herbenick—your orgasm is worth the pillow talk. **What to say when...**

HE FINISHES BUT YOU DIDN'T...AND YOU WANT TO
Give him a few minutes to recover, kiss him, and say, "Okay, my turn now." Then slip him your bullet vibe and say, "Touch me right here with this."

YOU'RE BOTH THISCLOSE, BUT HE'S NOT DOING THE RIGHT THINGS
Show him what you need. Reach down and touch yourself, or hop on top to control the speed. And narrate: "It feels **so good when we do it this way....**"

IT'S NOT GOING TO HAPPEN FOR YOU TONIGHT (KEY WORD: TONIGHT)
Whisper, "I want you to come" in his ear. After he does? Tell him, "It wasn't you. I wasn't going to get there tonight." Then try again tomorrow a.m.

—M.R.



On Jamie Lee: Top, Forever 21. Bra, Reebok. Leggings, Adidas. Sneakers, Saucony. On Tanisha: Bra, C9 Champion. Shorts, //Out Incorporated. Sneakers, Nike. Watch, arm band, Adidas. On Carly: Bra, sneakers, Nike. Leggings, Alternative. Wristband, Adidas. On Nicole: Hoodie, American Apparel. Tank, Old Navy. Leggings, Fila. Sneakers, Adidas. On Nora: Tank, Splendid. Bra, shorts, Splits59. Sneakers, Adidas Originals by Rita Ora. Arm band, Adidas. Watch, Casio Baby-G. Glasses, Nora's own. See page 210 for shopping information.

THE RULE OF THUMB

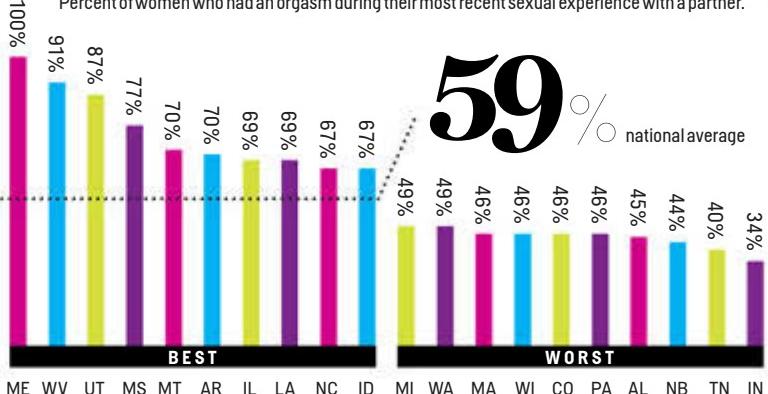
Back in the 1920s, Princess Marie Bonaparte of France's inability to get off with her Greek prince husband frustrated her enough to look into the cause of what was then called *frigidity*. Amazingly, a 2011 study proved her findings still hold up: If the distance from your clitoris to your vagina is less than 2.5 centimeters (roughly the measurement from the tip of your thumb to your first knuckle), you're more likely to orgasm during sex. If not, use your fingers or a vibe during the deed. —A.B.

SOURCE: 2014 NATIONAL SURVEY BY THE CENTER FOR SEXUAL HEALTH PROMOTION

BEST/WORST STATES FOR ORGASMS

Percent of women who had an orgasm during their most recent sexual experience with a partner.

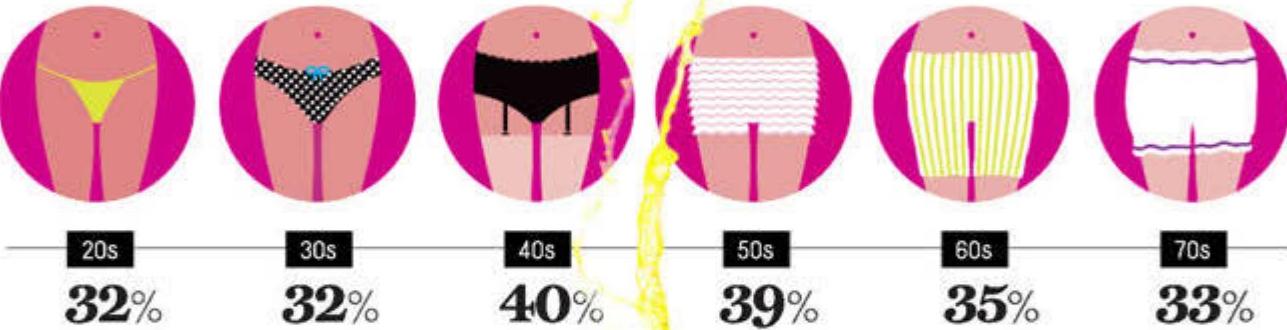
59% national average



ORGASMS THROUGH YOUR LIFETIME

Forget wine: Turns out, orgasms age quite gracefully!

PERCENT OF WOMEN WHO ORGASM DURING SEX 90% TO 100% OF THE TIME WITH A FAMILIAR PARTNER



SOURCE: MATCH.COM 2013 SINGLES IN AMERICA STUDY





COSMO SURVEY

WHY DO YOU FAKE ORGASMS?

28%

To make my partner feel good/ spare feelings

27%

To end sex more quickly, because I knew I wasn't going to orgasm anyway

42%

Both

3%

Other

O, REALLY?

WOMAN-
ON-TOP:
POSITION
MOST
LIKELY
TO MAKE
WOMEN
O DUR-
ING INTER-
COURSE

CONFESIONS OF A

Faker

WHAT HAPPENS WHEN YOU ADMIT TO YOUR BOYFRIEND THAT YOU'VE BEEN FAKING ALL YOUR ORGASMS?
SURPRISINGLY, REAL ORGASMS!

BY ANNA BRESLAW

I used to fake it. Since I started having sex, I've probably faked it more than I've eaten sandwiches. If you could win an Academy Award for faking it, I was Meryl Streep in the mid-'80s. My friends would yell at me when I'd discuss my latest critically acclaimed performance. But, unlike me, they were all in serious relationships. It takes some pretty specific maneuvers to get me there, and I was afraid guys I was casually dating would think that was weird. What do you do when some poor guy you're on a second date with has been going down on you for 45 minutes and it's just not gonna happen? Tap him on the head and be like, "Hey, time's up, I guess you're not a *real man* who can satisfy me. Oh look, *Conan* is on!" No way.

But as my relationship with one guy got serious, I became trapped in my own lie, having trained him to think I could come easily and fast. He'd finish and whisper, "That was great." I'd concur but secretly be horny and annoyed. One night, I came clean on the phone. He admitted he was upset, sighing, "I hate that I've been with a girl who faked it." "Well...I mean," I heard myself picking at the scab but couldn't stop. "I'm the first girl who's *admitted* it to you...." "No, you're the first," he insisted. "How do you know for sure?" "They *promised*," he said proudly, as if this meant anything. Whatever, bro. *Seinfeldian* exchange notwithstanding, we liked each other enough to start over, and he didn't flee when I communicated that my whole body wasn't a clitoris. He's my boyfriend now and knows exactly how to make me come. That is the story of how I stopped being Meryl in bed, and why you should too.

THE CASE FOR FAKING IT?

THE SURPRISING REASON WE GO METHOD IN THE SACK.

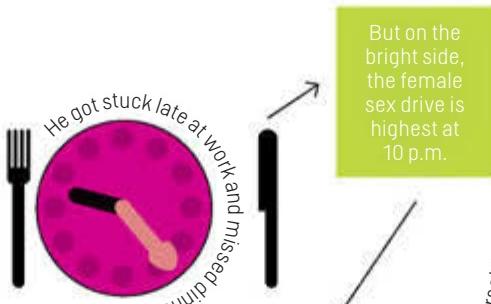
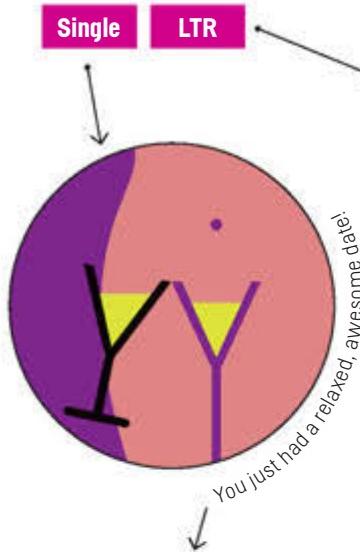
Researchers at Temple University and Kenyon College studied why women fake orgasms and found a highly cited reason that might boggle your mind. When women pretended to get off, some did it to turn themselves on and increase the intensity of sex. So even more often than we fake it in order to go the f*ck to sleep, we're faking O's...to try to have them. The study calls this "self-focused" behavior—it's not about appeasing your partner, it's about making sex better for you. So despite what you hear at brunch about how faking ruins sex for all women, sometimes we're just looking out for our own damn O.

—A.B.

Will You Have an Orgasm Tonight?

—A.B.

START HERE



ALL SYSTEMS
ARE GO!
**BEGIN
SEXING**

What's the holdup?

Because you "pregamed" beforehand! Solo orgasms are proven stress-busters. Time to go two for two!



You catch yourself fantasizing about Chris Pratt. Oops!

Prop pillows under your butt and he'll rub against your clit.

Actually, 80% of ladies fantasize to get their O! It's normal.



**why
we're
never
ever
getting
back
together**





When you wish
you could quit him
but can't.

**IN 2015, A CLEAN BREAK TAKES A FEW TRIES.
WELCOME TO THE ERA OF DATING ON A LOOP,
WHEN YOUR NEW BOYFRIEND... ALSO
HAPPENS TO BE YOUR OLD BOYFRIEND.**

by Michelle Ruiz photographed by Ben Goldstein

When

KIRI BLAKELEY FIRST met her ex, "he made me laugh like no other human being." But after a year of witty banter, Blakeley, a writer in her 30s in New York, wanted to get more serious, and Luke (not his real name), a bro bouncing around the city, didn't. So she broke up with him... and, a few months later, got back together with him. And then broke up with him, took him back, and broke up with him again for the next six years.

"I would want more and end it. Then he would panic and chase me," says Blakeley. "I would think, Oh, he *does* want the same things; he knows he made a mistake. Then I would get back together with him, and the cycle would happen all over again."

They're not the only ones breaking up and making up on a loop. Dating *déjà vu* is the norm for a lot of people. An estimated 44 percent of people ages 17 to 24 have reconciled and started over with an ex, according to a recent study by Bowling Green State University and the University of Wisconsin

at Milwaukee. More than half those on-and-off daters reported having sex with their ex post-breakup. For most couples who rekindled the flame, it was an ongoing cycle. On average, yo-yo daters broke up two times within one year, according to study coauthor Sarah Halpern-Meekin, PhD, now an assistant professor of human development and family studies at the University of Wisconsin at Madison.

Chronically dating your ex has never been more common, she says—mainly because people are waiting longer to get married, “so we have more time to be in relationships in which we might break up and get back together.” Plus, “we have more ambiguity in our relationships today.” In the past, you were either dating or broken up. Now, thanks to a culture that’s more accepting of casual sex, breaking up is a slippery slope that can lead to ex sex, a friends-with-benefits situation, or a full-on round two in your relationship.

And in 2015, you can dump your ex, but unless you have the Herculean strength to unFriend him on Facebook and unfollow him on Snapchat, you’re reminded constantly of his existence. “You get one tiny little urge to e-mail or text that person, and boom! You can do it. It’s just too easy,” says Blakeley. “You can’t cut that person out completely and heal.” The result: a generation that isn’t really sure how to break up.

Getting It On (and Off)

Who can blame us for habitually dating our exes? We spent our formative years watching—and



romanticizing—rocky on-and-off relationships on TV, from Carrie and Big on *Sex and the City* to Ross and Rachel on *Friends* and Meredith and McDreamy on *Grey's Anatomy*. We're also used to the cycle of swiping, Liking, and effing—and while it can be spontaneous and fun, it can also leave you feeling like there's a pile of dust where your heart used to be. So when you find a real bond with someone, it's hard as hell to let go. Halpern-Meekin confirms that many couples who reunited were more likely to feel they'd “revealed their deepest self” to each other. Whitney Burnett, 22,

a student in Lawrence, Kansas, says she spent two and a half years breaking up and reuniting with her ex-boyfriend because “we both have issues with our parents and we understood each other in a way that other people didn’t,” she says. They broke up because he wasn’t ready to be exclusive, “but he always came back because we have that emotional connection,” she says, and they regularly fell back into ex sex.

A strong connection with a romantic partner can be hard to shake because, to a certain extent, it's rooted in our brain chemistry. In a recent study, Jim Pfaus, PhD, a professor of psychology at Concordia University in Canada, mated female rats with male rats he'd dabbed with a special scent. Later, when he mixed the lady rats with both the familiar-scented males they'd already made sweet rodent love with and new unscented rats, 80 to 100 percent (in different trials) chose their familiar partners over the new dudes. Pfaus says it's because when you're in that “beautiful, magical, postorgasmic state with someone, your brain releases oxytocin and opioids” (chemicals linked to happiness and romantic love), creating an attachment—which some research has likened to addiction—to the person you've been with. Defaulting to the pleasure you already know can feel a lot more natural—and less scary—than starting fresh. After breaking up

When you find a real bond with someone, it's hard as hell to let it go.

"Let's do this! For real this time."

with an older, more worldly boyfriend, Gabrielle, 25, a lawyer in Jersey City, New Jersey, who asked that we not use her last name, says she continued sleeping with him because it was "convenient"—easier than starting over with someone new and more appealing than being alone. "I'm naturally more comfortable with people I've already slept with, and I also didn't want to raise my 'number,'" she says. "I am in no way the Virgin Mary, but I've just always felt like given the choice, I should try to stay in the same pool rather than sleep with a complete stranger." Recent research from Oakland University shows that casual sex isn't so casual after all. Among people having casual sex, only 13 percent of men and 10 percent of women had it with someone they'd just met, compared with 65 percent who got it on with an ex.

It's Over—Or Is It?

After years of on and off with Luke, Blakeley grew emotionally exhausted of the cycle. But when she recently resolved to end things for good, "it was one of the most difficult things I've ever done," she says. "I would imagine it's like quitting crack."

It's no wonder researchers describe the on-and-off phenomenon as *relationship churning*. Breaking up—and subsequently creating a shiny new Tinder profile and maybe throwing yourself into a restorative cardio-barre regimen—only to wake up next to your ex the next weekend can feel frustrating and depressing, like you're blocking yourself from moving forward. Although Halpern-Meekin's research found many rekindling couples had strong emotional bonds, they also reported

higher levels of conflict and lower levels of commitment. Research also shows a higher likelihood of verbal abuse and physical violence among churning couples.

We all know the definition of insanity is doing the same thing over and over again and expecting a different result. "I endorse a relationship sequel, but certainly not a trilogy and beyond," says clinical psychologist Monica O'Neal, PsyD, a lecturer at Harvard Medical School. An acknowledgment of why things didn't work the first time, and a vow to do it better, is a good sign, she says. But "if you reexperience the same disappointment and hurt, it's a sign this person is not an ideal partner."

Although Gabrielle's boomerang relationship had its downsides, she doesn't regret it, because "it made me realize that I didn't want

the in-between relationship anymore," she says. "I wanted the great sex and also someone who loved and supported me." When she found both with a great new guy (who's now her boyfriend), it was a wake-up call. She said good-bye—for good—to her ex.

Not all breakups and make-ups end in disaster—sometimes it's just a matter of both members of the couple getting on the same page at the same time. "A little space and time can heal wounds and spark introspection," says O'Neal. Nicole Jackson, a 27-year-old from Richmond, Virginia, says during a recent break from her boyfriend of a year (he needed "space"), they both realized how much they want to be together. "I gave him a trial period, and he proved that he really cared about me," she said, including supporting her during her mom's bout with cancer. They're planning on moving in together soon.

"When we broke up, I told him I wanted a guy who was sure of himself," she said. "When he came back into my life, he was ready to be that person." ■

THE ON-AND-OFF DATING HALL OF FAME

Even celebs—and royals!—do it.



SEX Q&A

No-BS responses to questions you can only ask Cosmo

BY MICHELLE RUIZ

Q My new hookup really wants me to touch his butt during sex. Does that mean he's secretly gay?

A "Being gay is way more than one sexual act," says sex therapist Anna Randall. (Rather, it's a sexual identity.) It's not uncommon for men of all orientations to be curious or even butt-crazy (sorry) about anal pleasure in their sex lives. Makes sense, as there are a lot of very pleasurable nerve endings in that region. If you're open to it, try gently stroking around the opening during a BJ or HJ. Ask him to coach you through it, suggests Randall. Maybe it'll end up being a new item on both your sexual menus.

Q I'm super horny and cruising Tinder like a madwoman before my period. What's going on?

A PMS could stand for Prowling for More Sex, mainly because the hormone progesterone spikes pre-period, making our womanly parts extra sensitive. Even "your underwear brushing up against you can make you a little hornier," says sexologist Rachael Ross, MD. Progesterone also leads to more discharge and lubrication. Cruise on, you sexy diamond!

WHAT'S THE BEST SEX TOY...

...that I can customize for what I like?

The Minna Ola (\$149, Babeland.com) is so genius, it remembers your go-to vibration patterns. Press the big button to go into "loop mode"—then insert it and squeeze Ola as hard as you want it to buzz. Press the button again to turn off loop mode, and Ola remembers for next time! Ex-squeeze-us while we go enjoy some me-time....



"Let's take this party downstairs."

Q I want to have hot, throw-me-up-against-the-wall sex (like they do in the movies). What's the best way to do it IRL?

A Dim the lights, cast Charlie Hunnam, and say "action!" Or wrap a leg around your man's thigh for leverage while he grabs your butt cheek for balance. It could be a challenge for him to angle his penis just so, but don't despair—instead, try multiple takes like they do in movies. Or fool around against the wall, then get horizontal for the main event.

Q I like masturbating to online porn sometimes—mostly couples stuff or oral-on-her. But right after I orgasm, I feel completely disgusted with myself and the video I just watched. What's my deal?

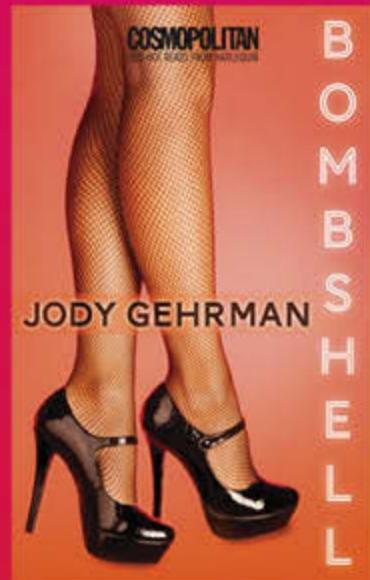
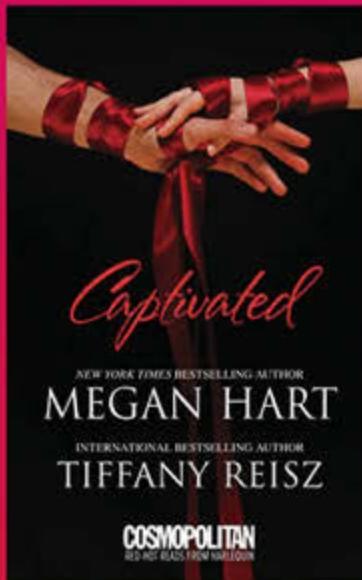
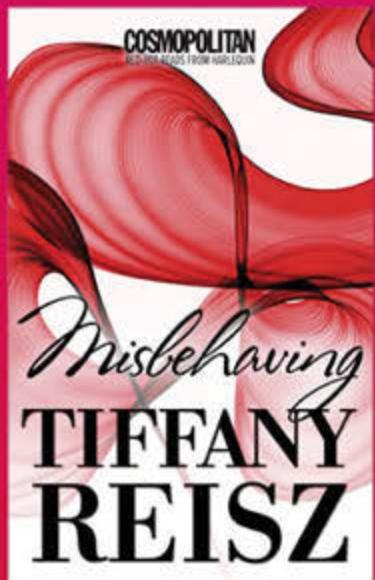
A "Our world still has rigid ideas about what's acceptable sexual behavior, especially for women," says Lynn Comella, PhD, an associate professor of gender and sexuality studies at the University of Nevada at Las Vegas. If society still shames porn (and BDSM and polyamory), you might shame yourself for watching it too. But "like men, women deserve guilt-free orgasms," says Comella. If porn turns you on, there's no shame in that game.

COSMOPOLITAN

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CLEANING IS
FOR THE WEAK

Why Don't Guys... Decorate Their Place?

His home is his post-apocalyptic TGI Fridays.

BY JOSH GONDELMAN

Men have very limited influences when it comes to décor. Pop culture presents us with two acceptable aesthetics: man cave (framed jerseys, hideous black leather furniture) and serial killer's hideout (blank walls/complete lack of personal effects). When these are your sources of inspiration, it feels daunting to go too far in the other direction—a tasteful mid-century modern abode signals you have way too much time on your hands. In truth, I'd love to have a clean, modern apartment with basics from West Elm.

I'm 30, and it's embarrassing that my home resembles an opium den without opium. But I've never learned how to live any other way. It's not like I think signing up for Pinterest will make my penis fall off. But I don't need to learn how to DIY a pinecone into a lighting fixture. I just want to know how high and how far apart to hang two framed posters. Bottom line: If your boyfriend's apartment is basically the inside of a pizza box, he's probably underwhelmed by choices or has no taste of his own. Help a brother out.

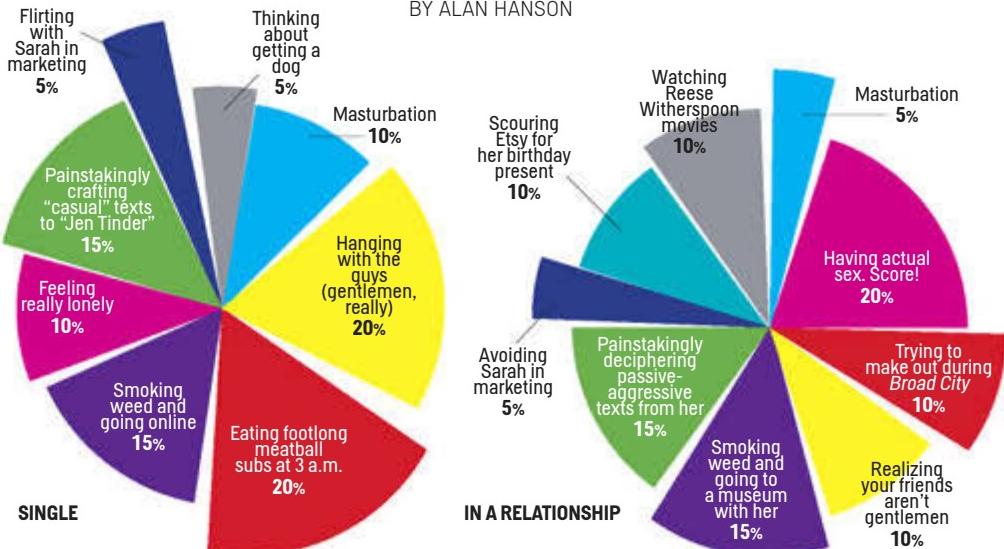


THE SECRET LIFE OF BAES

How He Really Spends His Me-Time

Does a girlfriend change a dude's everyday time management? Uh, yes.

BY ALAN HANSON



logy

EDITED BY MICHELLE RUIZ

OF LIKES AND MEN

The Social-Media-Crush Scale

A retweet might mean he wants to sire your babies. Or he's just bored. When does a Like mean like-like?

BY ANNA BRESLAW

HE'S BORED WITH A LAPTOP



He: Hearts a photo of your cauliflower salad on Instagram.

What it means: He's admiring your use of the Walden filter.



He: Chimes in on an epic debate about fracking in your Facebook comments.

What it means: Sorry, girl. He's probably just argumentative.



He: Added you on Snapchat.

What it means: Chance of relationship? Slim. Chance of getting a dick pic? Within five seconds.



He: Retweets a dumb joke of yours with a crying-laughing emoji.

What it means: He's totally into you.



He: Comments encouragingly on a lonely status update you made about a crazy work project.

What it means: Love him or he'll die. <3

YOUR FEED IS HIS EVERYTHING

GETTY IMAGES (6); CULTURA RM/ALAMY; EVERETT COLLECTION (3); ADAM TAYLOR/ABC



KATNISS NEVER-DEEN

What His Fictional Crush Says About Him

Besides that he needs to spend less time in front of the TV.

BY RACHEL MOSELY



A DISNEY PRINCESS

Maybe he's got the hots for Ariel (he's the knight-in-shining-armor type) or Elsa (he's too young). Regardless, the risk of man-child syndrome runs high.



DAENERYS TARGARYEN

This *Game of Thrones* badass has legions of followers at her feet. Feel very free to be the boss in this relationship. In other words, spank him when he's bad.



HERMIONE GRANGER

Hermione fans tend to fall into two camps: sensitive braniacs (win!) or cradle-robbing creeps (fail). Can we get a Sorting Hat over here?



OLIVIA POPE

Anyone who keeps a regular Thursday-night *Scandal* date with Ms. Pope has a penchant for drama. But in his fantasy, he's competing with the President. Translation? Swag to spare.

sixty-one

PERCENT OF GUYS BELIEVE IN LOVE AT FIRST SIGHT—EVEN WITHOUT BEER GOGGLES!

SOURCE: DATINGADVICE.COM 2014 SURVEY

ASK HIM ANYTHING

LOVE ADVICE FROM OUR GUY GURU, LOGAN HILL

My BF and I have a great relationship, but he and my BFF have amazing chemistry—they agree on politics, read the same books, have the same witty sense of humor. I know I'm supposed to be happy they get along so well, but I still feel jealous. Help.

A Nobody wants to feel like the third wheel in her own relationship. But remember that he chooses to be with you—not her. And that's probably because you're not exactly like him. Your boyfriend and friend might agree on politics and books—that's not so rare. But the spark that really turns us on and makes us want to date someone? That's more mysterious, and more important, it's the difference between a friend and a lover.

Q A guy I went on a few dates with just broke things off by telling me I'm "too good for him and deserve someone better." I feel like that's a BS line. What's he really trying to say?

Q I really want my hookup to talk dirtier to me. Mainly, I want him to use the P word. If I hint this to him, will he be weirded out?

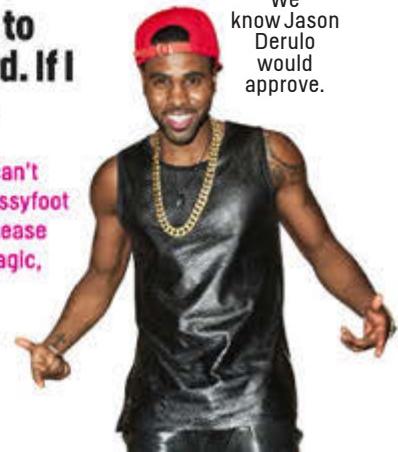
A There's nothing weird about dirty talk, but if you want it, you can't just hint. Smutty language is hot because it's direct. So don't pussyfoot around. Lead by example. Tell him you want his "C word." Then tease him and tell him he can't have your "P word" until he says the magic, filthy word. If that weirds him out, he's the weirdo, not you.

Even sexy minxes feel like third wheels sometimes.



A You nailed it: The "someone better" line is bullshit. He's not breaking up with you because he thinks he's a Bieber-esque loser and you're a Beyoncé-like queen. That's his half-assed way of softening the blow—he doesn't think you're right for him or doesn't want to get more serious with you. Truth: You don't just deserve someone "better," you deserve someone who's better for you.

We know Jason Derulo would approve.



Q My friend hooked up with a guy (she called him Moose Dick) once, but nothing came of it. Now he's asking me out, and I'm into him. Do I need to talk to MD and my friend about each other?

A If they were one-and-done, you're not doing anything wrong—and have nothing to hide from her. As for Mr. (Really) Big? If you start getting serious, tell him about your friend and his nickname. He might love it. The male moose is a showboat: Every year, it grows a new set of antlers to impress the ladies.



Q I was on a date with a new guy that I really, really like when I choked on a spring roll and spit it up onto the table. He looked at me with shock and horror for a split second, but then put his arm around me and comforted me. I'm morbidly embarrassed. Does he secretly think I'm gross now?

A You did a gross thing, but that doesn't make you gross. And he handled your spit-take like a champ. So don't worry. Going forward, all you have to do is change one little thing: Chew.

Q My ex-boyfriend recently came out. I support him, but I'm confused because I thought we had awesome sex. How could I have been so wrong?

A Coming out is about more than just what you do in bed. It's a process of embracing one's full identity, and that's complicated. This doesn't mean everything that happened was a lie. He just hadn't figured himself out yet. If you have questions, ask him—but only if you're ready to be a good friend. No matter how awkward this might be for you, remember it's been harder for him.

Q My boyfriend puts on a serious poker face during sex. How can I get him to loosen up and have some fun?

A Sex partners with differing styles can seem like actors in two different movies—especially if you're climaxing in IMAX while he's as mute as Charlie Chaplin. So take the lead and act out. Loudly. When things quiet down, tell him that it will be hotter for you if he turns up the volume, and it'll be easier to give him what he wants if you know how he's feeling.



HOW TO LEAVE

WHEN YOU LOVE HIS MOM

WHAT HAPPENS WHEN YOUR LOVE FOR HIM FADES, BUT YOUR LOVE FOR HIS FAMILY DOESN'T?

BY JULIE BUNTIN

I FELL FOR MY COLLEGE boyfriend, Max, hard and fast. He brought me to my first Indian restaurant; he was a trivia superhero; he made me laugh until I begged for mercy. Max's life, full of friends and weekend film shoots and long intellectual talks into the morning, was like a dream I'd had of the future as a starry-eyed teenager. I didn't realize he came from serious money until about a year into our relationship. There'd been clues: Max (not his real

name) went to NYU and his "job" was school. He had a gold Amex for emergencies—which often included \$30 entrées. I was there on scholarships and loans and spent more hours waitressing than in class. I grew up in rural northern Michigan with six siblings. I was probably 10 the first time I lay awake at night with a stomachache about money; 16 when our house was foreclosed on; 18 when my mom applied for

food stamps. When I moved to New York City, I took that old anxiety with me—so it was an instant relief that Max always insisted on paying.

Max's whip-smart, ferociously loving mother—I'll call her Nancy—was the force behind his lifestyle. She worked as a real estate agent in California, where homes half the size of the one I grew up in regularly sell for more than a million dollars. Our first year together, Max invited me to visit his family over the holidays. I couldn't afford the ticket, I told him. "Don't worry," Max said and kissed me on the forehead.

I LOVED NANCY INSTANTLY.

She was a different kind of woman than the ones I'd known. She dressed for comfort: linen pants, shoes with cushion-y soles. She dyed her hair herself—a jarring contrast to my mom, who could scrape up money for the hair salon no matter how tight things got. I admired Nancy's lack of vanity, her career ambition, and how when I came to her for advice, she talked solutions. We'd take long walks, watch dumb rom-coms, and have heartfelt conversations at the kitchen table. I told her about my childhood, the dad I'd only met once. She shared stories about her past, things Max didn't even know. Nancy had only sons, and soon she started calling me her adopted daughter. I thought of her as family too. Nancy's home was the definition of stable, whereas my childhood had often been chaos—a world where I couldn't count on money or even practical

stuff, like rides. Nancy picked me up at the hospital after a surgery. She called every time I had some little success at school. My mom often couldn't afford plane tickets for me to visit her in Michigan for holidays, so California usually won out. And even though we love each other, my mom and I always had more of a sister dynamic than a mother/daughter one.

I didn't mean to paint myself as a bootstrapping poor kid from nowhere, but that's how Nancy and Max saw me...and I let them. Why else would Nancy wave off my protests and add me to their Verizon family plan or shove a few rolled-up 20s into my hand so I'd have "cash for the airport" or replace my fried laptop with a new MacBook?

EVENTUALLY, MAX AND I

moved into an apartment in Brooklyn. Nancy told me not to worry about rent, reasoning that she'd be paying for Max's place anyway. To assuage my guilt, Nancy took to hiring me for odd jobs related to her business. I sniffed the charity behind the assignments, and my thorny mix of gratitude and frustration only grew. I'd wake up, do work for Nancy, go to class, work an eight-hour waitressing shift, and come home at 1 a.m. to Max hanging out with friends. He had everything that I wanted—time to be a stu-

dent, a tightly woven safety net, the freedom to fuck up—and would never have. At least not without his—and Nancy's—help. I felt my life closing in on me.

PART OF ME KNEW THAT

staying with Max was holding me back from an independent adulthood—from big things like applying to out-of-state grad schools to little things like getting the cute pixie I wanted and instead keeping my hair long because Max preferred it that way. A bitterness began to infect our relationship. When we first started fighting a lot, there was something erotic about it—we'd scream our heads off, say the most hateful things imaginable, and then fuck like lunatics all

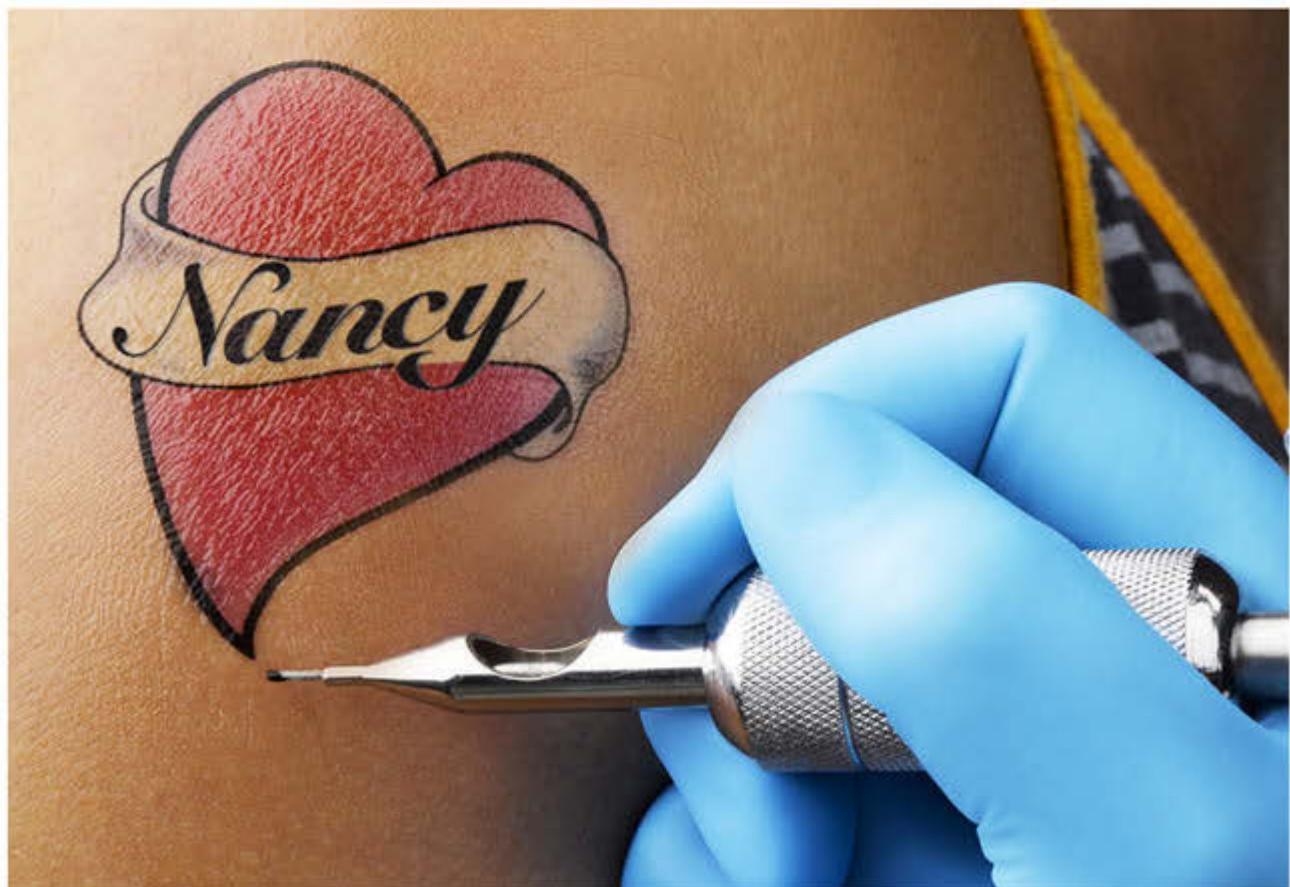
over our apartment. But after four years or so, we stopped making out after we'd hurl fuck-yous across the room. Sex became near-extinct. And I'd accrued a complicated debt to Nancy that was both financial and emotional. What relationship can one have with her ex's parent? There's no vocabulary for that. I knew that if I walked away from Max, I was walking away from Nancy too.

I sometimes felt tempted to open up to Nancy about my problems with her son—we talked about everything else, after all. But I knew I

couldn't, and eventually the relationship crumbled too much to deny it anymore. I left one Saturday morning, while Max was away, nearly six years after we had started dating. I thumped a suitcase down the steps, and in the cab on my way to a friend's apartment, I sobbed, full of terrible, heartbroken joy. As hard as that was, the hardest part of my breakup was telling Nancy. I called her, shaking, and told her I loved her. She said it back. I believed her.

NANCY AND I STILL TALK, although our relationship has obviously changed. When we do, she reminds me to make smart choices, to be brave. I miss her like hell sometimes, and I will always think of her as family. But I don't regret my choice—deep down I knew I was ready to move on from the financial and familial stability I'd come to rely on. I moved into a tiny, renovated coat closet. I overdrafted monthly. I drank too much and ate yogurt for dinner. I dated idiots. My life was chaos, just as I'd feared, but for the first time, it was no one's but mine. ■

**NANCY HAD ONLY SONS,
AND SOON SHE STARTED CALLING
ME HER ADOPTED DAUGHTER. I
THOUGHT OF HER AS FAMILY TOO.**



JEFFREY COOLIDGE/GETTY IMAGES

**LOTS TO CHEW,
NONE TO UNWRAP**



THE GUM YOU LOVE, NOW UNWRAPPED
HELPS FIGHT CAVITIES

Fun, Fearless

WORK



Cosmo Careers

LEAN IN... WITH MEN!

Sure, some men can be mansplaining, maninterrupting manchildren. But others crush it as equal partners in life. Cosmo wants you to know more women-loving men (and deal the right way with the unenlightened jerks).

Guest-edited by
**SHERYL
SANDBERG**
COO of Facebook
and founder
of LeanIn.org



MEN WANTED

WHEN I WENT TO COLLEGE, my parents told me to focus on my schoolwork—and on getting married. “You will be surrounded by the smartest men you may ever meet,” they said, “and remember, the good ones go young.”

I believed them. I analyzed all my potential dates as possible husbands. I even had a poster in my dorm room that read, “You have to kiss a lot of frogs before you find your prince.” I’m amazed that anyone was willing to kiss me under that ridiculous poster.

I got married at 24. By 25, I was divorced. For years, I felt like I was wearing a scarlet letter “D.” I was worried—that no one would want to date me, that I wouldn’t have children, that I would end up alone. It wasn’t until a decade later that I understood who I was and what I needed in a relationship. That’s when I found the right life partner: my husband, Dave.

Women are told far too often that they need to subordinate who they are in order to find and “get” good men. Here’s better advice: Think hard about what you need in a partner. Being clear about what you want—whether it’s **children or a career or both—is not going to keep you from dating. It’s going to keep you from dating the wrong person. Look for someone who will support your deepest ambitions and desires** and know that you can support theirs.

We can also encourage enlightened behavior at work. Companies and individuals perform better when men and women support one



another. We can thank the guy who, when a woman is interrupted, says, “I want to hear what she has to say.” We can reward men who help us achieve our goals by helping them achieve theirs.

In this issue of Cosmo Careers, we spotlight the men who are leaning in, helping out at home, or supporting women in the workplace. You’ll hear from men who are creating groups for stay-at-home dads. You’ll learn about companies that are implementing flexibility programs. You’ll even hear from a Lean In Circle of some men you might recognize (and if you aren’t part of one already, we hope you’ll join at LeanIn.org/Circles, and bring your guy friends!).

Equality will only be achieved with the support of men: as partners, colleagues, dads, and advocates. So help us spread the word. Let’s celebrate the men who lean in, and let’s encourage others to join them. ■



Sheryl Sandberg

Editor
COO of Facebook and
founder of LeanIn.org



KNOW A GUY WHO GETS IT?

If there are men in your life who want an equal world, we want to meet them. Post a photo with **#LeanInTogether** and learn more at LeanInTogether.org.



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GUYS WANT IT ALL TOO

Men are taking on more at home, even when it means working less. The rest of the world better get ready.

BY JESSICA BENNETT

THE START OF WHAT Trevor Mulligan calls “wild time” happens around 4 p.m. Miles, 4, has just returned home from preschool. Three-year-old Mason is hungry. Everyone is a little cranky.

“You want a hot dog? With peanut butter on it?” Mulligan asks.

“Mustard?”

“Oh no, now you want a corn dog?”

Mulligan sighs.

“Mason—focus, please!”

With his phone in one hand and a hot-dog bun in the other, Mulligan, 43, greets the repairman waiting by the door. This is Los Angeles, but the temperature dropped to 50 degrees the night before and the heat wasn’t working. Turned out, the internet was down too. Later, a plumber would show up to fix a running toilet.

“It’s a little busier than normal,” Mulligan says,



PHOTOGRAPHED BY JEFF LIPSKY



Doyin Richards
with Reiko (in
arms) and Emiko
(on shoulders).

"although not by much. But I'm a stay-at-home dad. I chose to do this."

Mulligan and his wife made the decision for him to stay at home long before she got pregnant. Part of it was disposition: Trevor was "better suited" to full-time parenting, says his wife, Jennifer Mulligan. But it also had to do with finances. The cost of full-time day care was almost as much as one parent's salary. So Trevor quit his job as a digital-art director and Jennifer kept hers, in finance at a law firm.

"When we told my parents, my dad said, 'Men don't have the patience to stay at home with the kids. They need a mother who is nurturing,'" Jennifer says. "But we believe both parents

can nurture. And over time, my dad has come around."

The Mulligans are not the norm...but give it a minute. Millennial men are more likely than any other generation to assume their partner's careers will have equal importance to theirs and less likely to expect that their partners will do the majority of child care, a Harvard Business School survey found. Stay-at-home fathers are still relatively rare, but their numbers have doubled over the past decade, from 1 to 2 million. And a majority of full-time working men say they would take on the domestic role if their partner's income allowed for it, according to a survey by the Boston College Center for Work and Family. Images of proud

fathers are suddenly all over advertising, selling everything from Swiffer WetJets to Nissan SUVs.

"We're not in the 1950s anymore," says Mulligan, who is part of a community of stay-at-home dads in Los Angeles. "The male role today is different than it was before. We want to be equal partners and engaged fathers."

It's stating the obvious to say that women, whether they're working the assembly line or the C-suite, can benefit from a supportive partner. Several women CEOs—Carly Fiorina of Hewlett-Packard, Ursula Burns of Xerox, Indra Nooyi of PepsiCo—have at some point had a husband who stayed at home. What hasn't been talked about is how much *men* can benefit from balance.

Mohamed el-Erian, the former head of the trillion-dollar investment fund PIMCO, made headlines last year when he abruptly stepped down. He said he'd made the decision after receiving a 22-item list from his 10-year-old daughter of things he'd missed (her first day of school, her first soccer match, a Halloween parade) because he'd been at work. Max Schireson, the former chief executive of software firm MongoDB Inc., has a similar story. He took on a less demanding role last year when he realized that he'd missed his son's emergency surgery and their puppy being hit by a car, plus "a lot of family fun." He wrote that "as a male CEO, I have been asked what kind of car I drive and what type of

Being a stay-at-home dad is "always juggling things in different ways," Mulligan says.



music I like but never how I balance the demands of being both a dad and a CEO.”

The case for balance is clear. When couples share more evenly in breadwinning and domestic work, their risk for divorce goes down by about half...and they have more sex. Children with active fathers are happier and healthier and have higher aspirations. “Men want this. Women want this,” says Mulligan. “Our challenge is standing up against the stigma.”

And that stigma hasn’t gone away. While women who talk about their children at work are deemed worse employees but better women, a study at the University of Toronto determined that men who talk about being a parent at work are viewed as both lesser workers and lesser men. Daniel Murphy, the New York Mets second baseman, caused a talk-radio firestorm last April after missing the first two games of the season to be home with his wife and their newborn son. He was making use of MLB’s three-day paternity-leave policy, yet the backlash—why did he need to be present, anyway?—was swift.

Hands-on dads describe the endless double takes on the playground, a lack of resources (think of all those mommy blogs), and clueless questions like, Are you babysitting today? “I’ve seen the looks I get when I tell people how active of a parent I am,” says Jay Sokol, a full-time work-at-home father of two, whose wife is a teacher. “Sometimes women think it’s strange, although it’s really anything but.”

About a year ago, Doyin Richards, 40, began

documenting his experience as a working father of two young girls on a blog he called *Daddy Doin’ Work*. When Richards posted a photo of himself brushing his daughter’s hair before school one morning, his younger daughter strapped to his chest, it went viral, landing Richards, who was working in corporate development at the time, on virtually every morning show. There was something about the image—a muscular black father tenderly caring

for his young multiracial daughters—that struck a chord. But while the feedback started off positive, it got ugly fast. Talk turned racist (“He probably rented those kids,” one commenter wrote), sexist, and even a bit resentful (why should a photo of a dad go viral when moms have been combing hair for decades?). “A guy who can nurture his children, style hair, play with princesses, and prepare healthy meals—that’s what today’s dads look like,” says Richards. “But we’re doing parents a disservice if you make me out to be a hero.”

If these are the realities of modern family life, then men are discovering what women have long known: that whether it’s a lack of paid parental leave or the cost of child care, workplaces don’t always make balance easy. Fathers now report higher levels of work-family conflict than mothers, and nearly half of fathers in a recent Pew study said they spent too little time with their children.

It’s one reason why Josh Levs, a journalist at CNN and father of a new baby girl, spoke out when he was denied an extension to his paternity leave after his wife

had a difficult delivery. Levs filed a charge with the Equal Employment Opportunity Commission, alleging that the policy of Time Warner, CNN’s corporate parent, was discriminatory—it granted 10 weeks of paid leave to moms and adoptive parents of both sexes but only two weeks to biological fathers.

Time Warner ultimately changed its policy. Yet it is among only 15 percent of companies that offer paid paternity benefits at all, according to the Society for Human Resource Management. And even when companies do offer the benefit, men rarely take advantage of it. “The narratives and policies that exist around fatherhood are out of touch with reality,” says Levs, who is documenting his experience in a book, *All In*, out in May. “That backward way of thinking doesn’t just hurt men, it hurts women.”

There are goodwill efforts being made to change the dynamic. Facebook offers 17 weeks of paid parental leave. And Change.org offers 18 weeks, a policy pushed through by head of human resources, David Hanrahan who is now out on paternity leave with his new daughter. “An equal leave policy doesn’t just extend benefits, it serves to reset expectations,” explains Jennifer Dulski, the COO of Change.org—helping break the pattern that it is mom, not dad, who is the “head” parent.

“This is not about us versus them,” says sociologist Michael Kimmel, PhD, author of *Guyland* and director of the center for the study of masculinity at SUNY at Stony Brook. “This is about men and women being allies. It’s about leaning in together—and leaning on each other too.”

BETTER BENEFITS

These employers do it right. More, please!

Johnson & Johnson

On top of flex time, free on-site gyms, and pet insurance coverage, the company offers mindfulness programming. Reminders from an app encourage people to pause and breathe or step away from their desks.

Genentech

A Member of the Roche Group

Employees who are caretakers can use the biotechnology company’s backup-care program, which provides access to trained in-home elder or adult care in a pinch.

Campbell's

Employees can work a compressed week (full-time schedule, fewer days), a reduced work-week (fewer hours than regular full-time), flex-time (staggered hours), flex-place (telecommuting), or do a job share (one position between two people).

Google

For parents, the tech giant offers fully paid maternity and paternity leave, mentoring with other parents, and \$500 for things like ordering takeout in the weeks following childbirth.

WHOLE FOODS MARKET

Workers can take a travel sabbatical and volunteer in immersion programs, which could take them to places like India, Madagascar, and Thailand.

BE THE BOSS

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*Magazine awards in 2013 from top US print publications with award programs.

THE FIELD GUIDE TO WORKING WITH MEN

TO GET TO THE TOP, YOU NEED SUPPORT FROM COWORKERS AND SUPERIORS—NAMELY THOSE WITH CHEST HAIR. DO IT WHILE BEING THE FABULOUS WOMAN YOU ARE.

BY JESSICA KNOLL



when you want a mentor

Who wouldn't? But it's a tricky business. Use these strategies to navigate the minefield that is the opposite-sex mentorship.

LAND MINE Your options are men who only mentor other men.

Dodge it: "You can earn the trust of a male superior," says Sylvia Ann Hewlett, PhD, founder and CEO of the Center for Talent Innovation. To attract a sponsor, she says, understand that it's not all about you. Your job is to deliver results and display a great work ethic so, in turn, your sponsor can pass golden opportunities your way."

THERE IS NO "I" IN success. Nor is there in power, a fatter paycheck, and promotion—oops, yes, there's an "I" in that. The point is, getting ahead in your career doesn't happen in a vacuum. You won't climb very far without a professional support network, which should include work friends who have

your back, a boss who recognizes your value, and a mentor who keeps you on track. Assembling the dream team is a challenge—and it can be doubly so when many of your coworkers, managers, and maybe mentors are men, who not only tend to have different ways of collaborating and communicating than you do but who also tend to set the tone in the workplace.

LAND MINE He's very busy and very intimidating.

Dodge it: Asking someone point-blank to sponsor you rarely works. He doesn't care why you want him to mentor you...but he probably would like sharing advice on something he knows. Go in prepared. Maybe note that he has a large client list and say you would love suggestions on how to grow your own.

Women today are starting their careers better-educated than their male peers and making more money relative to men their age than their mothers did, according to Pew Research—but company culture starts from the top, and the top is still teeming with testosterone. “The global average of women in senior management is only 20 percent,” says Barbara Annis,

founding partner of Gender Intelligence Group, a consulting firm. “Leaders are slowly coming around to cracking the code on that. Research shows that companies perform better financially when more women are in high-level positions.”

The key word: *slowly*. You are not delusional for

wondering if you’ve ever been dismissed or unfairly perceived simply for carrying two X chromosomes. “It can take young women years to realize that experiences they’ve had in the workplace are gender-related,” says Melissa Thomas-Hunt, PhD, associate professor of business administration at the University of Virginia, who

studies gender and racial bias in the workplace. “Men and women have interacted since childhood, but the familiarity is deceptive. In the workforce, there are organizational norms that favor men and disadvantage women.”

Our workplaces have work to do to support women. But in the meantime, you have names to

take and dragons to slay. While you should never change who you are because of workplace sexism, you do need skills—whether it’s avoiding miscommunication or benefiting from a male mentor without everyone thinking you’re sleeping with him. Play it right and men will help launch you to the top.



LAND MINE

He's afraid of coming across like he's hitting on you.

Dodge it: “Men aren’t sure what the right protocol is around a woman and will err on the side of caution when it comes to approaching you,” says Annis. Grow the relationship by asking him to coffee or lunch. Tell him that you value the advice he’s given you so far and you would love to continue your career talks.

LAND MINE

The whole office thinks you're sleeping with him.

Dodge it: “Tell coworkers, ‘Bill has been mentoring me, and he’s been really supportive,’” suggests Kim Elsesser, PhD, research scholar at the Center for the Study of Women at UCLA and author of *Sex and the Office*. Keep doors open, and hang out in the cafeteria. Then if anyone spots you socializing outside the office, nothing seems amiss.

LAND MINE

Mentorships are tricky for women at your company.

Dodge it: “By assigning men to mentor women, your company can encourage male-female mentorships and create a new norm where men aren’t hesitant to support women,” says Annis. Tell your human resources department that you’ve read about other mentorship program successes and you’re game to try.

DOES HE GET WHAT YOU'RE SAYING?

Miscommunication can lead to conflict, especially between men and women.
We explain how to prevent your wires from getting crossed.



keep
him
in the
friend
zone

Why did the Mayans go extinct? How could Amy Poehler and Will Arnett break up? Can men and women be friends? We can now answer one of these eternal questions: While *you* can have opposite-sex friends, the same can't always be said for him.

"Men tend to misperceive friendliness as sexual or romantic interest," says Elsesser. In a 2012 study in the *Journal of Social and Personal Relationships*, men were more

likely to report an attraction to their platonic female friends than vice versa and to assume that those romantic feelings were mutual, a woefully misguided belief.

Send the message that you're not interested at the outset. If you have a partner, introduce him around the office.

If you still get a flirty vibe, say: "I'm sure you're joking around, but it makes me uncomfortable." (That gives him

an easy out to say, "Oh yeah, I was just kidding.") If the direct approach fails, try the "third grade" method: Have a trusted colleague pass the message. If needed, head to your manager or HR. "You have every right to feel safe and comfortable at work," Elsesser says.

Is it gross that women must know how to fend off a coworker's sexual advances in 2015? Yes. But is it reality? Same answer, unfortunately.



THE 10 COMMANDMENTS FOR DATING A COWORKER

Sometimes, you fall in love on the job. Just write these rules in stone before (and after) you hook up.

1

Thou shall first get the lowdown on the company interoffice-dating policy. Forbidden? Keep it in thy pants.

2

Have the hots for thy coworker? Thou shall keep it discreet until you know it's reciprocated.

3

Thou shall treat office dating like ice cream: Indulge sparingly...and the object of your affection better be Talenti.

4

If someone asks, thou shall come clean. Don't give anyone a reason to think you're not trustworthy.

5

Ready to "come out"? Thou shall tell thy boss first, then thy coworkers.

6

Thou shall treat each other professionally and never, ever give thy lover preferential treatment.

7

Thou shall not post cutesy, incriminating pics you wouldn't want coworkers to see on Instagram or Facebook.

8

Thou shall continue to foster relationships and friendships by socializing with other coworkers.

9

Thou shall not fight, engage in baby talk, or use thy work computer to send naughty e-mails while on the clock.

10

Thou shall not bad-mouth him at work if you break up. Even if he cheated. Even if he cheated with thy sister.

GAME PLAN

crack the dude code

Here's a playbook on how to bond with him effectively and authentically.

Sports Talk

I'm not into it.

It's fine if you think March Madness is caused by long winters. Study up a little with sporty friends, if you want, and look for ways to steer work convos to neutral turf.

I'm an armchair commentator.

"Sports talk tends to become competition for men," says Elsesser. Weigh in on LeBron vs. MJ, but know that the debate may not net you friendship.

TV Shows

I'm a loyal viewer.

"Take note of the topics that bring your male coworkers together," says Elsesser. Have strong opinions on Don Draper too? Get in there.

I'm a total cord cutter.

"All coworkers have their work in common," says Elsesser. Giving people helpful tips on coworkers can increase bonds, so go tell Jim that Tina will like his ideas better after her a.m. coffee.

Recreational Fun

I wasn't invited (rude).

"Inject yourself into social outings," says Annis, "and it will start to feel like the norm." When the guys are going out without you, say, "Sounds great! What time?"

I was invited, but meh.

You mean you don't like to spend all your downtime smoking cigars? Take the reins and plan gender-neutral activities, like a 5K race or a dinner, suggests Elsesser.

WHAT HE THINKS OF YOUR CAREER

Talking to other women about our challenges at work and at home can be awesome and empowering, but is real change possible without talking to men too?

We asked some of our favorite guys to read *Lean In* and help widen the circle.



WILLIE GEIST

Cohost on NBC's *Today* and MSNBC's *Morning Joe*

"I've never felt the need to tiptoe around women in the office. I extend to them the same respect, expectations, and bad jokes that I do my male colleagues."

"One secret to the success of my marriage is that my wife and I agreed not to 'keep score.' It's never 'I did this, so you do that.' A better rule is to respect your partner, pick her up when she's had a tough day, share responsibility, and agree to watch *The Bachelor* even as it slowly eats away at your soul."

Curtis Stone

CHEF/OWNER OF MAUDE
IN BEVERLY HILLS

"The book brings up a good point that we should label women by their achievements, not their gender. When I think of Jodie Gatt, my COO, she is also my best friend. I don't introduce her as the Woman COO of my company—it's just COO."

"Just as it's important to support women and men in the workforce, it's important to support them if they choose to be at home. We should support everyone's choices and continue to work on eliminating all gender bias."



66

VICTOR CRUZ

Wide receiver for the
New York Giants

Fear is not gender-biased—everyone is afraid of something. It's up to each person to identify their fear, push through their own journey, and climb out on the other side. I full-heartedly agree when Ms. Sandberg says that the key is to sit at the table. If you've earned a seat at the table, then sit at the table and own it!"



A photograph of Matt McGorry, an actor, standing and looking directly at the camera. He has dark hair and is wearing a dark blue t-shirt with a graphic print. The graphic features a black and white illustration of a man's head and shoulders, and above it, some geometric shapes. He is also wearing blue jeans. His right hand is resting on his hip, and his left arm is bent with his hand behind his head.

66 MATT MCGORRY

Actor, *Orange Is the New Black* and *How to Get Away With Murder*

A close female friend is starting her own company. She's struggling to find female mentors...or male mentors who want to help her and not ask her out. I had no idea how to help her. It's insane to me that reading this book was the first time I understood the definition of *feminism*. It simply means the equality of men and women. I identify as a feminist now."

CHRISTIAN RUDDER

Cofounder and president of OkCupid and author of *Dataclysm*

"I'm not a super prescriptive person, so whatever people do for themselves and their family to be happy, those things are fine with me. I think everybody should work less, personally. There's little value to having your butt tied to a seat."



Steven Yeun

► ACTOR, THE WALKING DEAD

"Our show asks for a lot of toughness that typically isn't assumed or expected of a woman. I had one interaction with a director once, where I was told to protect a female character. I was like, 'No, I'm not. Why would I be protecting her? She can protect herself.' Women don't need saving all the time. All the women on our show are badasses, and they can protect themselves."

MCGARRY/BENWATTS; GROOMER: JODIE BOLAND AT SEE MANAGEMENT; RUDDER: VICTOR G. JEFFREYS/L. YEUN: JOHN RUSSO/CORBIS OUTLINE; SPENCE: OUTLINE; SPENCE: JASON DERROW/INVISION FOR ZEVIA/AP IMAGES.



PADDY SPENCE

CEO of Zevia, a zero-calorie drink company

"This book, particularly for male leaders, is really important. The challenges that still exist for women inside and outside the workplace are so pervasive and insidious that you have to take extra care not to just perpetuate them but to prevent them."

"When my daughter was 2 days old, I was summoned to a business dinner. We were brand-new parents, and I was dragged out for three hours. It was a watershed moment for me. I'm never putting myself in that position again. I've evolved and become more confident in my own position. I know that family is the most important thing, not what's happening at 6 p.m. in an office."

CELEBRATE MEN WHO LEAN IN! Know a guy who wants an equal world? Post a photo of him with #LeanInTogether and learn more at LeanInTogether.org.



WHO'S YOUR DADDY?

Check out the new sexy.
(But not for too long, or your ovaries might explode.)

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be thinner
in 30 days
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Jennifer lost
40 lbs.
in 18 weeks

"I can't believe I lost this much weight! Hydroxycut® really works!"

Jennifer used the key ingredients in *Pro Clinical Hydroxycut*® with diet and exercise and was remunerated. People in 12- and 8-week studies using key ingredients and a calorie-reduced diet lost 20.94 lbs. and 16.50 lbs.

mix & match your way



#HYDROXYCUT

Key ingredients: lady's mantle, wild olive extract, komijn extract and wild mint extract. **Based on AC Nielsen FDMx unit sales for *Hydroxycut*® caplets. Read the entire label before use. © 2015



HYDROXYCUT®

Dermatologist
Recommended
for Scars and
Stretch Marks*



"I am 34 and teach hot yoga, so lately it's been hard to keep my skin hydrated. I noticed in the past year that my skin was changing – I had more dryness, fine lines, and a less smooth texture overall. I tried a dozen different high-end products and nothing was really impressive. On a whim I decided to grab some Bio-Oil and try it on a scar... it had such a beautiful consistency and delicate, natural fragrance that I decided to try it on my face. I've been using it for a few weeks now and I can't rave about it enough. My only regret with Bio-Oil is that I didn't start using it at birth! It's perfect!" Erin Moraghan

Bio-Oil® is a specialist moisturizing oil formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, also helps improve the appearance of aging and dehydrated skin. For additional product information, please visit bio-oilusa.com. Bio-Oil is available at drugstores and leading retailers at the recommended selling price of \$11.99 (2fl.oz.). Individual results will vary.

LIVE IT UP!

EDITED BY HELIN JUNG



fresh tips for **THE FARMERS' MARKET**

It always looks so amazing in pictures—and it's easy enough to do IRL.

HAIR AND MAKEUP: DEB CHUNG. MODEL: STEPHANIE PEARSON.

PHOTOGRAPHED BY NAOMI NISHI



Grilled Beet
and Lemon
Salad, recipe
page 205

all local everything

In these times, we crave the farm-to-table ethos, but farmers' markets can be intimidating. What do you buy—and then how do you cook it? Yotam Ottolenghi, chef and author of *Plenty More*, drops his knowledge (and recipes) for making the most of your market shopping trip.

1. Hit the ATM

Most vendors take only cash, so grab some bills (small ones if you can) before you head to the market. That cashola acts as a budget you can stick to.

2. Ditch the Shopping List

You never know what will show up at the market, so stay open and don't bother with a plan. Being spontaneous is part of the fun, so embrace it.

BONUS RECIPE Instant Salad Idea!

Chop herbs. Add lemon juice, garlic, and couscous.

3. Say Hello

What if you don't know a Jerusalem artichoke from bok choy? Talk to the vendors—they're nice! They know what's fresh and interesting, and they'll tell you how to cook their products. You can poke around online for recipe ideas later.

4. Give Cheese (and Peas) a Chance

Look out for eggs (farmers' market eggs are tastier and fresher than supermarket eggs!), milk, cheese, meat, condiments, bread, and flowers.

5. Buy Just a Little Bit

When you arrive, do a lap to see what different booths have going on. Eat it all up with your eyes, but buy less than you think you want. (Wasting is such a bummer.)

How Long Will It Stay Fresh?



ROOT VEGETABLES AND BRASSICAS

1 to 2 weeks

Parsnips, celery root, broccoli, cauliflower, Brussels sprouts, carrots, turnips, rutabaga



FRUITS

A few days to 1 week

Berries, stone fruit (peaches, plums), citrus fruit, melons



HERBS

A few days to 1 week

Thyme, oregano, basil, dill, chives, tarragon, parsley, rosemary, cilantro, sage

DO YOU REALLY NEED TO SET AN ALARM...ON THE WEEKEND?

You want to get to the market early to access the best stuff, which tends to go quickly. But maybe you're not a morning person; maybe you have brunch plans. Go around closing time to find deals.

New!

CHICKEN JUST GOT EVEN MORE
ENJOY A BOWL



NEW FANCY FEAST BROTHS WITH CHICKEN

Mouthwatering silky smooth or creamy broths crafted with the chicken she loves, real veggies and never any by-products or fillers. They're a whole new way to wow her daily.



WOW SERVED DAILY

DISCOVER MORE @ FANCYFEASTWOW.COM

PURINA
Your Pet, Our Passion.[®]

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Produits Nestlé S.A., Vevey, Switzerland

New!

Three chocolatey layers. One bar. All kinds of yum.



Skinny Cow



So Impossible.
So Good.

 **Nestlé**
Good Food. Good Life

INTRODUCING BLISSFUL TRUFFLE BARS IN MILK OR DARK CHOCOLATEY DECADENCE. ALL FOR 130 CALORIES PER BAR.

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Product enhancement used to show detail.

New!



BONUS RECIPE
No-Brainer Veggies!

Toss with oil, herbs, garlic, and spices. Roast in a hot oven.

Grilled Beet and Lemon Salad

- 7 medium beets, skin on but trimmed and well scrubbed
- 4 tablespoons olive oil
- Coarse sea salt
- 1 to 2 lemons, halved lengthwise and cut into $\frac{1}{4}$ -inch slices, seeds removed
- $\frac{1}{2}$ small red onion, thinly sliced
- 1 teaspoon cumin seeds, toasted and roughly crushed
- 2 ounces arugula
- $3\frac{1}{2}$ ounces feta, cut into $\frac{1}{4}$ -inch slices
- 1 $\frac{1}{2}$ tablespoons lemon juice
- Black pepper

1. Preheat oven to 400 degrees. Place beets on a small baking sheet, drizzle with 1 tablespoon oil, and sprinkle with $1\frac{1}{2}$ teaspoons salt. Mix well; roast for 55 to 65 minutes or until cooked through. Remove from the oven, and set aside.

2. Bring a small saucepan of water to a boil, add lemon slices, and blanch for 3 minutes to soften. Drain and set aside.

3. Place a ridged griddle pan on high heat and ventilate the kitchen. Once the pan is very hot, add beets and grill for 4 minutes, turning a few times until all sides are starting to blacken, then remove from grill. Add lemon slices and cook for just 30 seconds, turning once so both sides get grilled, remove from heat, and set aside. Once beets have cooled enough to handle, slice into $\frac{1}{2}$ -inch wedges and place in a large bowl along with grilled lemon, onion, cumin seeds, and remaining oil. Mix well before adding the arugula, feta, lemon juice, and a generous grind of black pepper. Give everything a final gentle stir, and serve at once.

Orange-Roasted Carrots With Ricotta

- 4 garlic cloves, peeled and chopped
- $1\frac{1}{2}$ teaspoons cumin seeds, toasted
- $1\frac{1}{2}$ teaspoons picked thyme leaves
- $\frac{1}{4}$ teaspoon red chili flakes
- 1 tablespoon red wine vinegar
- 6 tablespoons olive oil
- Salt and black pepper
- 2 pounds carrots, peeled and sliced into strips
- $\frac{1}{2}$ large orange
- 1 teaspoon lemon juice
- $\frac{1}{2}$ teaspoon runny honey
- 5 ounces ricotta
- $\frac{1}{2}$ teaspoon grated orange zest
- $\frac{3}{4}$ ounce arugula
- $\frac{1}{3}$ ounce fresh basil leaves, torn

1. Preheat oven to 400 degrees. Put garlic, cumin, thyme, chili, vinegar, and $\frac{1}{4}$ cup olive oil in a food processor with $1\frac{1}{2}$ teaspoon each of salt and black pepper. Blend until smooth.

2. Spread carrots on a medium baking sheet, and pour on the marinade. Put the orange half cut-side down on top of the carrots. Roast for 40 minutes, until carrots are cooked through and starting to caramelize. Set aside to cool.

3. Squeeze juice from roasted orange into a bowl. Add lemon juice, honey, remaining 2 tablespoons olive oil, and $\frac{1}{8}$ teaspoon salt, whisk to combine, then set aside.

4. Put ricotta and orange zest in a small bowl with $\frac{1}{8}$ teaspoon salt. Mix well. Wrap in a clean cheesecloth. Draw up the cloth, and squeeze out some moisture. Return cheese to bowl, and put in the fridge until needed.

5. To serve, spread half the arugula on a plate, top with half the carrots and basil, then repeat. Dot ricotta over salad, pour dressing on top, and tuck in.

Behold
(oh so) creamy
iced coffee.



INTRODUCING RICH,
VELVETY ICED COFFEE
IN THREE INDULGENT FLAVORS.
ALL FOR 120 CALORIES EACH.

**So Impossible.
So Good.**

Hang the purse you love and use most on a hook on the door.

Store items you don't use as much (suitcase, pet carrier) higher up.

FEEL BETTER WITH LESS STUFF

For a relaxed, sexy life, consider stripping down.

Show your shoes some respect: Put them on a rack, not in a pile on the floor.

Make your closet work for you with an Elfa closet solution from The Container Store.

Open bins are great for utility items like umbrellas, dog leashes, and reusable totes.

FACING MY CLOSET each morning made me anxious. Getting dressed was like sorting through the clearance rack—a chaotic mix of sparkly knits, tee shirts, and denim. Once, I got knocked out by one of my own shoes.

I swear I'm not a shopaholic. I just bought things, and they added up. Literally. I felt sick as I tallied the small fortune of items—from my prized Miu Miu bag perched on the shelf to the H&M impulse buys that were everywhere (how many iPhone cases does a girl need?)—when regret and shopping-shame set in. I was suffocating.

I'm not alone, says James Wallman, author of the recent book *Stuffocation* (a term he coined).

"We have more possessions than we can cope with or continue to afford, and it's not necessarily making us happier," he says.

Retail therapy doesn't last, says Robin Zasio, PsyD, director of the Anxiety Treatment Center in Sacramento, California. "Shortly after you make a purchase, you're left with something that creates emotional clutter and stresses you out."

Who needs that? It was time to de-stuffocate. I marched over with a Glad bag, and in went anything I hadn't worn in a year, no longer fit, or I didn't actually like. It was a high.

I'm now able to prioritize—instead of buying a bunch of tops, I buy one that I'd actually tack to my Pinterest board. And by selling some old pieces on eBay and at consignment shops, I've made enough to cover a trip to London to see some pals. Turns out, when my piles of stuff got smaller, my life actually got bigger.

—Jessica Matlin

Carve out a nook where you get shit done.



It's Not a Desk, It's a Command Center

1. FILE IT AWAY

Bills, catalogs, and magazines tend to sprawl out or pile up. Corral papers in an organizer, and deal with them as soon as you can.

2. GRAB AND GO

Phone, wallet, keys, lip balm: If you have a place for them, you won't be looking everywhere to find them.

3. TAKE CHARGE

Install a charging station, says organizing expert Jeffrey Phillip, so your devices will stay juiced up all day, every day.

4. GIVE IT STYLE

Put up your favorite photos, plug in a cute desk lamp, and you've gone from functional to fun to look at.

HOW DO YOU SAY BYE? The first rule of decluttering: You have to get rid of things in order to get organized. Marie Kondo, the Martha Stewart of Japan and author of *The Life-Changing Magic of Tidying Up*, has helped thousands of people work through the heart-wrenching process of deciding what to keep and what to toss. (The struggle is real.) Here are six questions to ask yourself.

Does this spark joy?

Why do I have this item?

Am I keeping this just because?

Do I want to see this again?

Do I need this to be happy?

Has this outlived its purpose?

horoscope

GET A SNEAK PEEK AT WHAT TO LOOK FORWARD TO IN APRIL.

BY AURORA TOWER @AuroraAstro

ARIES / 03.21–04.20**STELLAR GIFTS** You go for what you want and don't look back!**BLIND SPOTS** Your take-charge attitude can leave others in the dust.**FASHION FAVES** Sporty styles suit your active life and killer instincts.**INDULGENCE** Nothing makes you happier than outmaneuvering anyone standing in your way.**SEDUCTION STYLE** When someone catches your eye, you don't beat around the bush—you go big and then go home, together!**THIS MONTH** During the lunar eclipse on the 4th, your mind and heart are focused on strengthening your relationships. Things intensify even more after the 11th, when your social life goes into overdrive. While out and about, you may encounter an old flame. Be prepared for the heat. On the 20th, you could have a career breakthrough, when everything comes into sharper focus, which will be key to your success.**YEAR AHEAD** Clear out the clutter! You bore easily, so this year, be honest about the things and people in your life you've outgrown, literally and emotionally, and move on. June is a fabulous month for love and work. Watch for an unexpected lucky break in August. By September, you're going to feel like you are on a whole new path. Trust your instincts—you know who and what are best for you—and go hard.**YOU NEED** Cool new kicks for a boost of energy and style to run circles around everyone this year.SHAY
MITCHELL
04.10.87**TAURUS**

04.21–05.21

YOUR MONTH: Make things happen! Your ruler, Venus, is in your sign till the 10th, so launch new projects before then. Once Mercury arrives on the 14th, you'll be able to convince anyone of anything. Your intuition is strong this month, so pay attention if your douche-dar goes off.**YOU NEED:** New lingerie for your inner Aphrodite.**TAURUS GUY:** Bubbles, in the tub and your glass, combine for the steamy night he craves.

Bra, \$46, panty, \$36, Hanro of Switzerland, hanro.com

GEMINI

05.22–06.20

YOUR MONTH: Hello, social butterfly! Partying pays off when your BFFs introduce you to some VIPs who will help boost your career. After the 11th, when Venus moves into your sign, you are irresistible. So enjoy the extra attention, male and otherwise. **YOU NEED:** A cool backpack to enhance your adventures. **GEMINI GUY:** Tease him by telling him your hottest friends were talking about him.

Backpack, JanSport, \$35, jansport.com

**best matches****GEMINI**

Together, you guys love to explore new places and are always surrounded by interesting people. You share a strong libido and zest for life!

Sneakers,
New Balance,
\$64.99, newbalance.com**AQUARIUS**

You both have your own unique take on life and support each other in your goals. You break boundaries together and enjoy the unexpected.



Aurora's Inspo

Expect surprises during the first half of the month. An eclipse on the 4th may shake up relationships. But life will calm down again after the 20th, when the Sun moves to Taurus.



CANCER

06.21–07.22

YOUR MONTH: Expect some dramatic changes around the 6th that will push you to follow your dreams and ditch others' expectations. You'll get a happy surprise on the 22nd, so be patient and trust your gut—good things are coming your way! **YOU NEED:** A blazer to keep you confident and chic at work. **CANCER GUY:** He's on edge at work, so he's super into evenings home alone with you. Distract him by making it a Naked Night.

Blazer, Juicy Couture Black Label, \$178, juicycouture.com



LEO

07.23–08.22

YOUR MONTH: You're on fire right now! Around the 6th, a happy surprise indicates more travel is on the horizon. Get your girls on board, and plan for a summer getaway. Work will heat up after the 20th, so you'll need the break. Be bold romantically; it will pay off. **YOU NEED:** Exotic-looking earrings to match your daring mood. **LEO GUY:** He wants to expand his horizons. Take a trip and explore new things in and out of bed.

Earrings, Forever 21, \$6.80, forever21.com



VIRGO

08.23–09.22

YOUR MONTH: Looking to spice things up? Stop apologizing and go for what you want most, at work and personally. An ex could reenter your life around the 16th. If you haven't fully gotten over him, now may be your chance to rekindle. **YOU NEED:** Boho touches like fringe to get you out of your comfort zone. **VIRGO GUY:** He's feeling frisky, so spending extra time exploring together in bed will be mind-blowing.

Bag, Cleobella, \$338, cleobella.com



LIBRA

09.23–10.22

YOUR MONTH: Your relationships are a priority right now, so schedule QT with the people who love you most. You'll finally be able to break from an unhealthy partner once and for all around the lunar eclipse on the 4th. **YOU NEED:** A sparkly new cuff to make you smile when things get crazy. **LIBRA GUY:** Yoga will help him stay centered, which he needs. Do it together. After all, better flexibility has lots of benefits....

Cuff, Lydell NYC, \$45, lydellnyc.com



the aries guy

BIG SEAN

03.25.88



LOVES A social girl who helps him shine and chase his goals.

HATES Timid types who aren't game to try new things.

DREAM DATE A sports game or amusement park where there is endless adrenaline that follows you home together.

WIN HIM OVER By showing him your spontaneous side and how much you enjoy the unexpected escapade.

PISCES

02.19–03.20

YOUR MONTH: Clear out the clutter and focus on what is most important to you this month. You'll feel so much better when you're not trying to do a million things at once! A lucky break on the 8th will help you see that you're on the right track. **YOU NEED:** A fresh fragrance that symbolizes a new, focused you. **PISCES GUY:** A positive change has him feeling revitalized. Try something new in bed to make the most of the good vibes.

Dolce & Gabbana Dolce Floral Drops EDT, \$101 (75 ml), Saks Fifth Avenue

SCORPIO

10.23–11.21

YOUR MONTH: Revel in how inspired and energetic you are right now! Following your instincts around the 5th may have lucrative results. The Sun is in your house of partners on the 20th, a perfect time to meet someone who might really matter to you. **YOU NEED:** A reboot with bold pieces like this graphic lamp. **SCORPIO GUY:** Skip the gym and burn calories together at home. His amped energy will make it extra hot.

Kate Spade Saturday Globe Table Lamp, West Elm, \$199, westelm.com

SAGITTARIUS

11.22–12.21

YOUR MONTH: This is an exciting and romantic month for you! Love blossoms around the 20th, when Mars moves into your zone of partnership. A big career break may present itself this month. Stay up on tech-related projects at the office. **YOU NEED:** To get ready for spring with stylish new shades. **SAGITTARIUS GUY:** It's party time! Throw a themed soirée and sneak away for some naughty fun (masks encouraged!).

Sunglasses, Dolce & Gabbana, \$210, [select Sunglass Hut stores](http://selectsunglasshut.com)

CAPRICORN

12.22–01.19

YOUR MONTH: You have been moving full speed recently, so this month, prioritize some me-time. You could get some major work news around the 6th, but take time to process it rather than making any snap decisions. **YOU NEED:** A scented lotion to keep you calm in the face of big decisions. **CAPRICORN GUY:** His mind is in a million places right now. Show him you care with a home-cooked meal and sweet lovin' for dessert.

Furiosa Fendi Body Lotion, \$51, Bloomingdale's

AQUARIUS

01.20–02.18

YOUR MONTH: The 6th is one of your best days of the year, when an amazing opportunity presents itself. By the 17th, you should know if it's worth pursuing—be optimistic but practical. After the 20th, indulge in a little nesting. **YOU NEED:** A new iPad cover that screams "power player." **AQUARIUS GUY:** Don't take it personally if he's super social right now. Send him a naughty text, and you'll stay on his mind.

Clutch, XOXO, \$56, target.com

PISCES

02.19–03.20

YOUR MONTH: Clear out the clutter and focus on what is most important to you this month. You'll feel so much better when you're not trying to do a million things at once! A lucky break on the 8th will help you see that you're on the right track. **YOU NEED:** A fresh fragrance that symbolizes a new, focused you. **PISCES GUY:** A positive change has him feeling revitalized. Try something new in bed to make the most of the good vibes.

Dolce & Gabbana Dolce Floral Drops EDT, \$101 (75 ml), Saks Fifth Avenue

BITCH IT OUT!

Crazy situation working your last nerve?
Vent here!



BOOBY BRUNCH

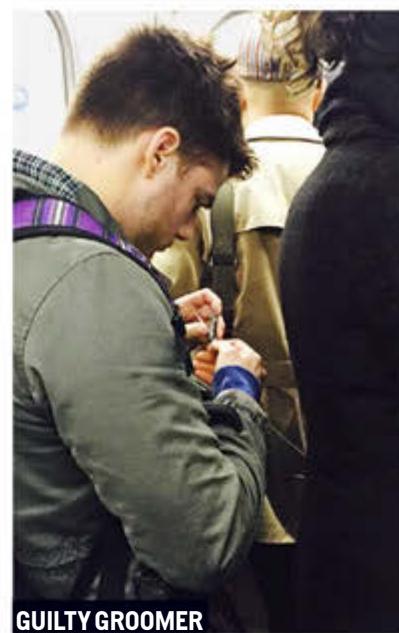
"I came downstairs for Sunday-morning breakfast at my sorority to find someone's sweaty, sticky bra next to the bagels. Gross."

—LEIGH G., 20



TREADING LIGHTLY

"Your normal bra and flip-flops are not exactly gym attire." —TRINH V., 28



GUILTY GROOMER

"As if a crowded subway ride wasn't bad enough, this guy decided it's the perfect place to clip his fingernails. Wait till you get home!" —AMARA P., 26

ANNOYED BEYOND BELIEF? E-MAIL INBOX@COSMOPOLITAN.COM (SUBJECT: BITCH IT OUT) TO SHARE YOUR PET PEEVE (AND PHOTO). IF WE PRINT YOUR SHOT, WE'LL GIVE YOU \$50!

Shopping Information

SUBSCRIBER COVER

Top, DKNY, dkny.com. **Shorts**, Joe's, joesjeans.com. **Earrings, necklace**, Meadowlark, meadowlarkjewellery.com. **Rings** (on middle finger), **Robert Lee Morris Collection**—robertleemorris.com; (on ring finger), **Maison Margiela**—Maison Margiela boutiques. **Cartier**—cartier.us.

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VOTE FOR HILARY

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Pelle—lineapelle.com. **Beaufille**—freepeople.com. **JvDF**—jvdfnyc.com. **Lady Grey**—ladygreyjewelry.com. **Selin Kent**—selinkent.com. **Cartier**—cartier.us.

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#TBB (THROWBACK BEAUTY)

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CREDITS OMITTED IN THE MARCH ISSUE:

Page 66: Marlo Laz—ring, \$420, marlolaz.com.

Page 163: Pyrrha—Pyrrha.com

ARE YOU UNDER TOO MUCH PRESSURE?

BY ANNA BRESLAW

1

You just baked that zucchini Gruyère casserole you saw on Pinterest and—oh, no! —you shatter the dish on the floor. You:

- a** Shrug, plop down on the sofa, and binge-watch *The Affair*. You'll clean it up later.
- b** Take a minute to calm down, self-soothe with Ujjayi breaths, then call Wok Express.
- c** Collapse into the fetal position on the floor, wailing "Why must I break all the things?!"

2

Your ideal me-time would involve:

- a** Mac and cheese followed by *The Bachelorette*.
- b** Brunch, barre class, and grocery shopping for the week.
- c** Sleeping. Anywhere. Please just let me sleep.

3

Your sex life is:

- a** A rotating door of men. Literally just a blur of pecs. Haaaay!
- b** The infrequent but vivacious Tinder date.
- c** Oh god, I forgot to add that to my to-do list.

4

Checking your e-mail in the a.m. is like:

- a** Raindrops on roses and whiskers on kittens and invitations to parties.
- b** Wading through spam for the occasional Mom e-mail.
- c** Jumping into an active volcano. Your boss e-mailed you four times at 3 a.m. Again.

5

True or false: You feel accomplished at the end of the day.

- a** Giirl, you true.
- b** Mostly, other than forgetting to pick up my dry cleaning or something.
- c** Haha! I've been up for the last 48 hours and still accomplished nothing! Why is my eyelid twitchy?!

THE BREAKDOWN

MOSTLY As

Any Calmer, You'd Be Dead

You're really, really chill. Like April-Ludgate-on-Xanax chill. It's great how you take things in stride, but maybe your to-do list needs a little more on it than 2 p.m. Fireball shots. Ramping up your low-key sched might be rough at first, but you'll feel more productive and be glad that you did.

MOSTLY Bs

Straight Livin'

You have a lot on your plate, but your inner Michelle Obama keeps it all balanced. Okay, you sometimes hate yourself for forgetting doctors' appointments, but you know that to err is human. Just remember that when a friend spills Merlot on your carpet. Forgive, forget, and pour another glass!

MOSTLY Cs

Cannot Even Right Now

In fact, you can't remember the last time you could even. You are so overwhelmed, your head is about to pop off. Take a me-day and indulge in eight full hours of *Say Yes to the Dress*. It doesn't matter how hard you worked on the roses (i.e., a 70-hour week) if you don't stop and smell them (i.e., spa day).



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